# Castleton Spartan

CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

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# Huot backs out

## Controversy with press at Keene State College was revealed by student editor

**By Carly Trombley**
*Castleton Spartan*

Vermont State Colleges Chancellor Jeb Spaulding sent an email to all Castleton University students and staff last Thursday saying presidential candidate Anne Huot decided to withdraw from the race.

According to the email from Spaulding, Huot, one of four candidates seeking to replace Dave Wolk, is dealing with family issues that will prevent her from being the university's new president.

However, Olivia Belanger, the editor in chief of *The Equinox* - the student newspaper from Keene State College - reached out to *The Spartan* last week regarding a public dispute between Huot and The Equinox when she was president at Keene State.

"About half-way through my freshman year is when we started noticing things," said Belanger, now a senior.

According to Belanger, during Huot's time as president of Keene State, the student media organizations faced major difficulties, such as budget cuts, forced chaperoned interviews with administrators and faculty and frequently denied interview requests from faculty and staff.

"It got to the point last year where our PR (Public Relations) director, Kelly Ricarte, would sit in on most of our interviews with anybody," Belanger said.

When asked for an interview on the matter, Ricarte said that she would not comment on the story.

According to *The Equinox* advisor, Julio DelSesto, student reporters would be redirected to the school's public relations department by nearly every faculty member when asked for an interview.

COURTESTY KEENE SENTINEL

**Anne Huot**

"The way it was framed by the communications office was that they would be there to assist us and put us in touch with the right people," Delsesto said. "We've never had trouble getting in touch with the right people."

Before Huot, reporters needed only to reach out to the professor or staff member and request an interview. Then, the two of them would decide when it was best to meet up, according to DelSesto.

"We even started to report in our stories, 'during this interview, Kelly Ricarte was present,' so that our readers were aware of what's happening," Belanger said. "It got to the point where people were afraid to talk to us because they were afraid for their jobs."

*The Equinox* also sought help from the national Student Press Law Center, a legal outlet that protects student media nationwide, which in turn wrote a strongly worded letter to Huot's replacement saying what the school is doing to the student press is wrong and needs fixing.

According to Huot, none of this happened.

Last week, after Belanger's email, *The Spartan* reached out to Huot and despite her saying she was in a hurricane Irma-affected part of Florida and not available for a phone interview, she did respond via email.

"It simply is not the case that there was a requirement for a PR representative to be present at all interviews," Huot said. "I have clarified several times my position that students, faculty and staff should speak freely with wour student reporters and the press."

She said that if she is to be selected as Castleton University's next president that she would, as she did at Keene State, ensure that there is a positive relationship between the administration and the student press.

Then came the decision to

*See 'Candidate' on page 6*

> "We even started to report in our stories, 'during this interview, Kelly Ricarte was present,' so that our readers were aware of what's happening,"
>
> - Olivia Belanger, Editor of Keene State College's newspaper, *The Equinox*

SELDON HILL / CASTLETON SPARTAN

**John LaBrie, left, and Steven Siconolfi, right, are two of the remining three candidates for president of Castleton University. Karen Scolforo is the third candidate and is on campus today. The fourth candidate, Anne Huot, recently withdrew from the race.**

# Wolk's sucessor?

## Two of the potential candidates for president have visited campus, the last wraps up today

**By Brigitta Gough**
*Castleton Spartan*

The search to replace Castleton University President Dave Wolk had been narrowed down last week to four candidates – and none were from Castleton.

The final candidates included Anne Huot, John LaBrie, Karen Scolforo, and Steven Siconolfi.

But Huot, who resigned in June as president of Keene State College, dropped out of the race on Friday citing family issues.

LaBrie, who visited campus mid-week, has an Ed.D. in Higher Education Management from the University of Pennsylvania.

Karen Scolforo has an Ed.D. in Educational Leadership from University of North Florida and is currently the president at Central Penn College.

And Steven Siconolfi, who visited campus late last week, has a Ph.D. in Exercise Physiology from Kent State University and is senior vice president and provost at Mansfield University.

In a phone interview, Vermont State Colleges' Chancellor Jeb Spaulding said the search for a new president of Castleton University has been going smoothly. He said the committee responsible for finding Wolk's replacement has worked well together and is a strong team.

Although none of the candidates are from the Castleton University community, Spaulding pointed out they all have worked in New England at some point.

"It was one of the considerations that if they're not local to Rutland County that they do have an appreciation for the New England mindset, and that was important to us," Spaulding said.

But Spaulding said there are also many positives to someone from outside of Castleton becoming the new president.

"The advantage of having someone new come in is that you have new experiences, different experiences and bring a fresh set of eyes," he said.

Siconolfi has written many Peer-Reviewed articles for journals about exercise physiology and has helped in many research projects including some for NASA, one of his former employers. He also has experience as a professor at multiple institutions including Ithaca College and Wayne State University.

Search Committee members Helen Mango and Mariah O'Hara agree that the committee worked very well together and both said they are excited to meet the candidates over the next two weeks while they are on campus.

"Everybody has had a voice," Mango said.

She said committee Chairman Tim Jerman and Spaulding have been good about making sure everyone voices opinions throughout the process because they want to make sure that everyone is in agreement.

Asked about none of the candidates being from Castleton, both O'Hara and Mango said that it can be positive because they will bring a new perspective to Castleton.

"We have a wide array of candidates," O'Hara said.

The candidates have all worked in different institutions and have had different experiences that Spaulding, Mango and O'Hara believe will be helpful to Castleton's growth as a university.

*See 'The race' on page 6*

# Bernie coming to unveil free tuition plan

**By Brigitta Gough**
*Castleton Spartan*

Get ready to feel the Bern again on Oct. 10 at 7 p.m. in Castleton University's Glenbrook Gymnasium.

Vermont Sen. Bernie Sanders is coming to campus to propose his plan for a legislation that would give free tuition to all students who go to any public college or university in the country, Dean of Advancement Jeff Weld said in an interview on Friday.

The event will be open to all and it will be live-streamed at other colleges and universities during hundreds of rallies across the country, Weld said.

When asked why Castleton was chosen for this event, Weld said Sanders wanted to make the announcement at a Vermont college.

"Castleton is one of the most affected [colleges]," Weld said.

Castleton University is a public university so it would be one of the universities students could attend for free.

Two seniors at Castleton, Zach Hampl and Cam Merrone, who were asked for their thoughts about Sanders coming to campus, said they're excited but not surprised he was coming to Castleton.

Hampl said he believes Sanders is popular in Castleton so it makes sense that Castleton University was chosen as the location for this proposal.

And both agreed that this legislation will be great for colleges and universities.

"It will promote more kids to go to college," Merrone said.

Hampl said that he thinks free tuition is a great idea as well, but he has his concerns.

"There will need to be an individualization of the plan state to state," Hampl said.

This is one of many challenges that Hampl believes will need to be addressed with this legislation.

Pertaining to Sander's initiative Merrone said, "I think it will be a good thing for people to hear."

Efforts to get comments from Sanders' office regarding the visit were unsuccessful.

COUTRESY PHOTO

**Bernie Sanders visited in 2014 and is scheduled to return this October.**

# Free press is vital at CU

**By Carly Trombley**
*Castleton Spartan*

Since my freshman year at Castleton, I've been working for The Spartan newspaper on campus and now, as editor, I realize how lucky we've been to have had such a supportive administration.

We schedule interviews with school leaders when it's convenient for us and them, and thry happen. The faculty and staff are always willing to talk to the reporters and they trust that we will report the truth from an unbiased perspective.

President Dave Wolk has always been willing to speak to student reporters and even emails our advisor, Dave Blow, when we email him instead of stopping in personally.

Even if he doesn't agree with everything we report, he recognizes the importance of the freedom of the press and he encourages the students who chose journalism as a major just as he encourages students pursuing other less visible careers.

This is so important and I appreciate it so much. I feel so grateful that I have been given the opportunity, through The Spartan, to practice, grow and improve.

Dave Wolk is resigning in December this year, and I fear that the next president won't be as supportive as he has been, especially considering how some of our government officials in office currently have given the media an even worse reputation than it already had.

People are always questioning the truth and reliability of the media and it is definitely discouraging being a student who wants to get into that business. There's been so much talk about fake news and a biased media that, honestly, we need all the support we can get.

So it is so important to me to have the administration on our side as journalists, but more importantly as students. I don't want to be afraid that the journalism students of the future won't get the chances through The Spartan to be published and do the things it takes to create a strong resume and portfolio.

It is imperative that we have willing sources on campus and a proper budget, because without interviews and without money it makes it hard to put out any news at all let alone well-researched, informative articles.

We've had so much freedom and I would hate to have conflict between the members of The Spartan and the administration. I have high hopes for the future and I have faith that the committee will choose a president who is supportive of students of all majors and will view The Spartan as a valuable asset, like Wolk has. I, along with Blow, and fellow editor Briana Bocelli, and all the editors before us have built and shaped this paper.

We are so passionate about it. I want to graduate this December knowing that the paper will continue to grow without fear of people trying to break us down.

## Fresh perspective

# A different Castleton experience

**By Jack Culpo**
*Castleton Spartan*

My freshman experience is a bit unique when compared to the average experience. Why you may ask? Well it's because both of my parents have worked at Castleton for the last eight or so years and I have accepted the campus as my second home.

I know CU better than I know my own high school for god's sake. Also, for those of you who are curious, my dad is the head coach of the men's basketball team and my mom is a professor in the health and PE department...I think. I'm not sure what she teaches exactly, but I apologize to everyone who has her as a professor. She isn't actually a bad professor, I just like to make sure I hit all the bases.

So far, my "unique" experience has been very positive, something I expected since I already knew how nice people on campus generally are. I enjoy all of my classes and I like my professors. My classmates seem really cool and I seriously hope I haven't done anything stupid yet. I probably did but I can still hope I didn't.

I'd love to get to know a lot of you better, but I am the biggest chicken when it comes to meeting new people. So if you'd like to get to know me better or just have a chat, feel free to stop whatever I'm doing and start a conversation with me.

My outside of class experiences have been just as positive. As a little shameless self-advertising, I am super excited to cover the men's soccer team this fall for the Spartan, on top of anything else I write for it (like this column you're reading right now).

I'm also looking to do intramurals at some point. I'd love to keep doing something athletic post high school. I do intend to go to as many sporting events as possible. I'm an avid sports fan so I'll be trying to watch as many games on campus as I can.

The first 2 weeks of college have been great and I'm super excited to keep going. I look forward to meeting even more new people and making some new friends. So make sure to come back next time to see if my positive outlook on life has died (hint: it won't).

# Is heroin vaccine a possible answer?

http://www.documentarytube.com/articles/19-addictive-facts-about-heroin

**By Donovan Thacker**
*Castleton Spartan*

In Vermont's 2014 State of the State Address, former Gov. Peter Shumlin said "we have seen a more than 770% increase in treatment for all opiates" in the State since 2000, in what he described as "a full-blown heroin crisis."

In recent years, Vermont has frequently been referred to as the heroin capital of the country as it continues to battle against its position as a trafficking route between Canada and the East Coast's large cities.

That battle just might soon see a substantial victory, as The Scripps Research Institute (TSRI) in California recently announced that a vaccine "to block the 'high' of heroin has proven effective in non-human primates."

According to TSRI, the vaccine enables the immune system to recognize the molecular structure of heroin and produce antibodies that keep the drug from causing euphoria in the brain of the user.

In other words, the vaccine does not function as a cure for addiction. Instead, the vaccine immunizes the body against getting high from using heroin. If it proves effective in clinical trials in humans, it may some day become commonplace for children to get their heroin vaccine alongside their hepatitis and polio vaccines.

But as with any innovation in modern medicine, before we can allow heroin vaccines to become common practice, we must first assess the ethics of such a vaccination. Few people today would argue that addiction is a disease, and that those who are addicted deserve and need help. But TSRI's heroin vaccine doesn't immunize against addiction — it immunizes against the high that heroin causes.

To start with, there is no reason to believe that this would help anyone who is already addicted to heroin. Heroin users would stop getting high from using heroin if the vaccine is successful, but they would still experience withdrawals if they were to stop using the drug — or worse, even while using the drug. Heroin withdrawals are extremely severe, and in the worst cases can be fatal.

Therefore, it stands to reason that people would be immunized before they had any chance to come into contact with heroin; i.e. at a young age. Provided it were proven safe to administer to children, parents would almost certainly elect to immunize their children from the dangers of a life spent on heroin. But would it be ethical?

Essentially, the vaccine would alter the child's immune system in a way that would give them a "long-term immunity to heroin." They would be unable to get high, not unable to get addicted. And what if the particular "part of the heroin molecule's telltale structure" that their

immune system is trained to recognize is similar to the structure of any other molecule which could be beneficial to a human being — such as being used to actually combat addiction.

Castleton Spartan

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**Read us online at castletonspartan.com**

**Wellness Panel!!!**
Wednesday, October 18th

Do you have a passion for living a healthy life style? Are you wondering how you could put your strengths to use? Come to the Health Education and Science Panel to learn how you can help others lead a healthier life. Hear stories from alum and mingle with others who share similar interests. Help us celebrate the variety of health-related majors Castleton has to offer! All students and staff are welcome, so grab a friend or come alone.

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# Embracing Vermont with open arms

**By Martin VanBuren III**
*Castleton Spartan*

One step into Bill DeForest's new office at Castleton and you'll know that he's made himself right at home. DeForest always has music playing while he is in his office, and it's pretty groovy. Across from his collection of 14 crocheted star wars characters that he received from a student, you'll find a massive, smiling Frankenstein's Monster cut-up and glued together into giant print that has it's own personality.

"He's sympathetic." said DeForest. "He's the ultimate sympathetic character. He's a mashup. He came to be, he didn't ask to be as he was. He got a lot of flack going through life, he's trying hard; but as you can see, there's a kindness, a friendliness. There's a monster, but he's trying to have a soul. Also, it's just kind of fun. Frankie has been with me for a while now."

Then we got into the good stuff.

Q: One week down, how are you holding up?

A: I'm loving it. I'm in that "pinch me, pinch me, can this be real? I think this is real." This is really as good as I hoped it would be. It just hasn't let up. The nice is coming in from every direction. I had a student tell me after class today, as everybody got out, she just stopped and said "I just want you to know I love your class," and that just made me so over-the-top happy. It was unbelievable. It gave me so much confidence to go forward with my crazy dreams.

Q: Can you tell me a little bit about your background? What's your history? The backstory! The prequel to Castleton.

A: Oh, those dark early years! As I told some people today, I've had a varied life. I started of fin the fine arts; printmaking and drawing. Drawing was always my thing, and still is a big thing with me. Printmaking taught me to work in layers, which taught me to be flexible with imagery. That imagery was interactive and you could work with it in different ways. So I went on and got a masters in printmaking and drawing, and that was wonderful. And I lived an excitedly boring small life in Ithaca, New York for about eight years, I taught at Ithaca college, I tended bar, I worked on a groovy hippy-dippy farm-y, commune-y kind of thing, which was wonderful. Then I decided this needed to…I could kind of see a light at the end of the tunnel, it was a train, it was me not doing much about my future. I decided I needed to take my future in hand and go for a degree that was career oriented, but still use my art. That degree was a medical illustration degree program at RIT and that's where I got computer graphics, I had a concentration in computer graphics. Which is where I learned I was a lousy graphic designer. But then because I knew Adobe Products, I was asked to teach them, and because I was teaching them I began using them. And soon I fell in love with design and working in layers, and images, and layouts being interactive, and having multiple forms. Then working with clients brought me out into the wider world, which is why I love design, because you work with people, and your designs go out into the world, and they have an effect, and they're part of what makes the world the way it is.

Q: Where were you living and teaching prior to Castleton?

A: I was living in central New York, in Oswego, my hometown, land of wide waters and lots of flat land and soil. I was teaching at Bryant Stratton College where I was the program director. I built the program, and after about 13 years there and some changes in my personal life; losing some people and my horse, I realized I had another gear I had never hit in life, and I wanted to take it further. I wanted to take my teaching further, I was looking for new opportunities. I was looking for a school so much like Castleton that when I saw Castleton it was the very first school that I applied to when I had all my materials done; and apparently Castleton was looking for me. And it's been great ever since.

Q: You've been in Vermont about three weeks, so what do you think? What do you like? What do you not like?

A: The best thing about Vermont is Vermonters. I push my cars to the limit in terms of mileage, I've always had jeeps, so the other day my jeep wasn't starting and I got to the grocery store, and my jeep just didn't start. There was this Aubuchon's, and someone in the parking lot said "Hey, what's your trouble? Maybe it's this - you need to bang on the Solenoid with a hammer." He got under my car, showed me where it was. I went into Aubuchon' and I said "Do you have a hammer I can use to bang on my Solenoid?" And the guy came out and showed me how to do it, and I was happily down the road. But I asked him, "What can I do to repay you?" and he said "you can just come around, be a regular" and I said "Why wouldn't I?" Everybody has been like that. Everybody has been so straight up, straightforward, and nice.

*See 'Com dept.' on Page 6*

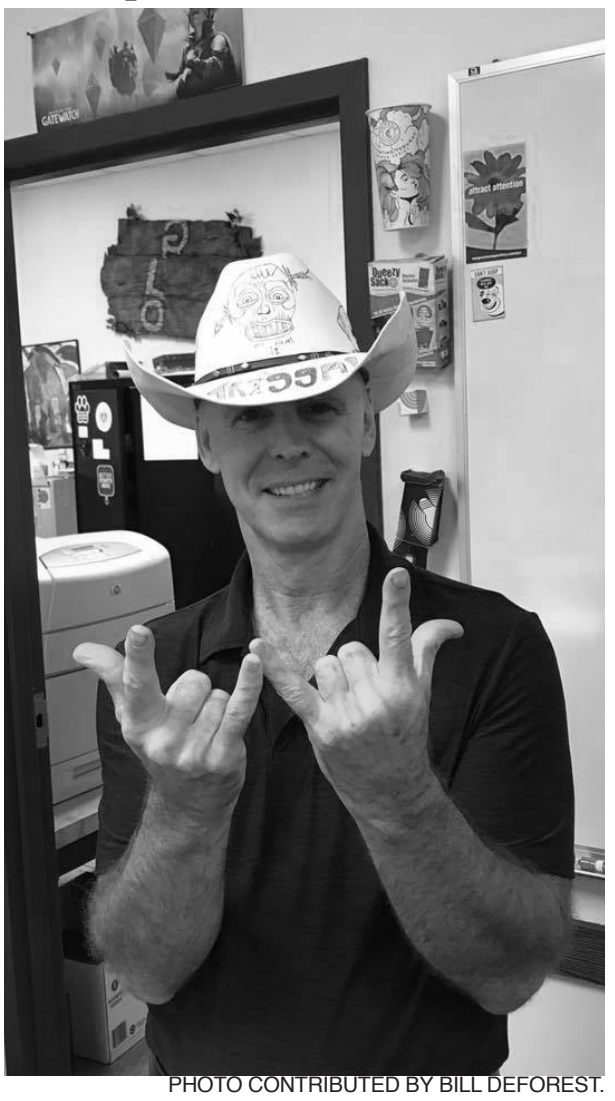


PHOTO CONTRIBUTED BY BILL DEFOREST.

**New Graphic Design Professor Bill DeForest poses at his former Bryant Stratton College in Buffalo, New York.**

# Castleton will miss you, Tita

PHOTO BY SELDON HILL / CASTLETON SPARTAN

**Longtime Leavenworth Hall custodian Tita Annis chats about retirement and her return home to the Philippines.**

**By Briana Bocelli**
*Castleton Spartan*

If you've ever had an afternoon class in Leavenworth Hall, then you've likely come across a tiny woman with a very big smile cleaning the glass doors as you enter the building.

That would be beloved custodian Tita Annis, and this May she will be saying goodbye to her Castleton family after 22 faithful years of employment.

Annis emigrated to the United States from the Philippines in 1993 with her now ex-husband and was hired by the university in 1995.

Castleton has been her home ever since.

Now, she's preparing for retirement and to be reunited with her family, who are currently waiting for her at her brand new bungalow home in Manila, the capital of the Philippines.

According to Annis, years of working seven days a week in the U.S. paid off because her Social Security benefits will allow her to live a comfortable lifestyle when she heads back home.

"One dollar equals 51 pesos in the Philippines. Last week I bought a property that cost me $20,000, it listed for one million pesos. Two bedrooms, front and back patio, everything is marble. I get $1,000, or 51,000 pesos each month," Annis proudly exclaimed, smiling from ear to ear.

With her benefits, she plans to invest and grow her fortune. Annis' first business venture will be opening a local convenience store outside of her home that will have everything from gas to groceries.

While she looks forward to going home to be with her loved ones and to begin the next chapter of her life, she will never forget all the love she's received here over the years.

"I have worked in buildings all over campus. Leavenworth is my favorite, they are like family. Everyone is so nice to me and I love the professors here," Annis said.

Spanish professor Delma Wood has known Annis since she started working in Leavenworth as a custodian. Annis and Wood share some commonality, as both emigrated from their home countries to come the U.S.

Wood said they talk together nearly everyday and have formed a close friendship over the years. She said Annis leaving will be bitter-sweet.

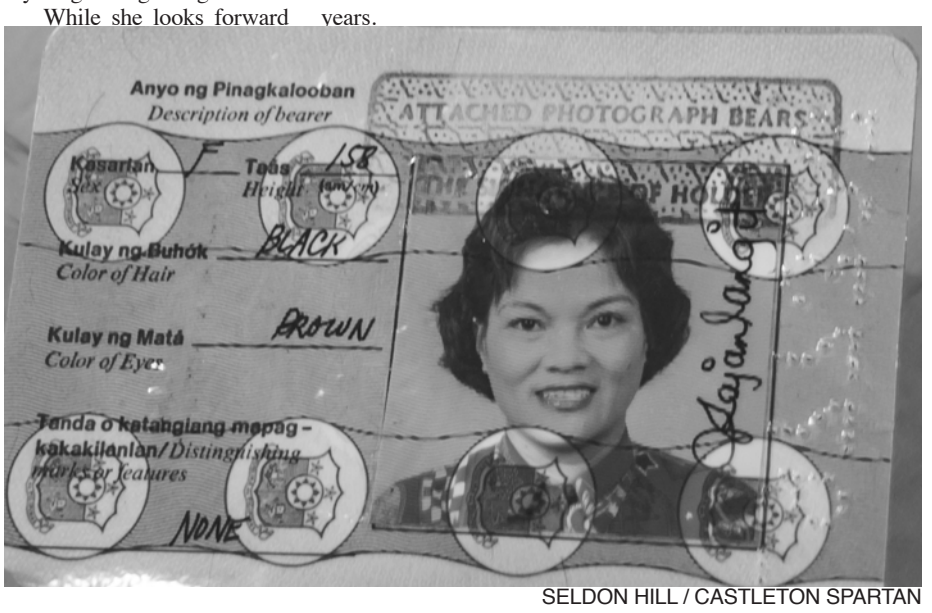
"She's a dear friend to me...Tita, you're a wonderful person. Enjoy your life."

Tina Johnson, custodian for Hoff Hall, said she only works with Annis during the summer, but has always had a pleasant experience with her.

"She's a very hard worker, it amazes me how a woman her age can go the way she goes. I'm gonna miss her. She is really is a sweetheart and I wish the best for her," Johnson said.

PHOTO BY SELDON HILL / CASTLETON SPARTAN

**Tita Annis pushes her cart through Leavenworth Hall.**




SELDON HILL / CASTLETON SPARTAN

**The passport of retiring custodian, Tita Annis.**

# Deans' office operating with only two

**By Nicole Webster**
*Castleton Spartan*

Last year the Academic Dean's Office had a staff of four: Jonathan Spiro, Cathy Kozlik, Ingrid Johnston and Tony Peffer. Now, the office is down to just Spiro and Kozlik and it's likely to stay that way until at least the spring semester.

Despite a search for an associate dean this summer, no one was hired for the position.

The search for the new associate academic dean came after Peffer left in the middle of last semester and Johnston left at the end of last semester.

Three candidates were flown in in June for interviews and to see if they would mesh with the campus, but according to Kozlik none of them worked out due to "family and other personal reasons."

**Jonathon Spiro**

While the candidates were visiting campus, they went to lunch with students so they could ask questions and get their opinion of the campus and what a new dean would have to do.

Olivia Maher, a senior who was working on campus at the time, went on two of the lunches.

"I was wondering why I never heard of anything about who they had hired," said Maher.

No one ever told the students who went on those lunches that the search had failed.

It's been kept pretty quiet because Spiro, who is a full-time dean, and Kozlik, a part-time dean, have everything under control with the help of Kelly Beckwith, Head of the Academic Support Center, they said.

"It was frustrating, but we're in good shape because Kelley Beckwith has been spending half her time here as the dean's designee," Spiro said.

Being the dean's designee, Beckwith can help students with whatever a dean normally would do for students, like helping with schedules, professors, classes, and other academic issues.

Kozlik is also spending more time in the dean's office this semester to make sure they have someone there at all times. Since she teaches business classes as well, she can't be in the office all the time, which is where Beckwith is stepping in.

Spiro said that in the spring they are planning on bringing in another faculty member to be a half-time dean because they "love that model and it keeps deans in touch with faculty and with students."

Though it was frustrating this summer after the search for a new dean had failed, Spiro said that once students were back on campus his mood totally changed.

**Cathy Kozlik**

He also said that there is never a time when there isn't an academic dean for students to get help from.

"There is nothing for students to worry about," said Spiro.

# Word on the Street

By Bailey Cummings

**Question:**

**What are you looking for in a new president at Castleton University?**

Jacob Wood

**"A president who is equally interested in promoting sports, as well as academics, to the community."**

Jayna Ryan

**"Somebody with the same qualities as President Wolk."**

Cydney Krone

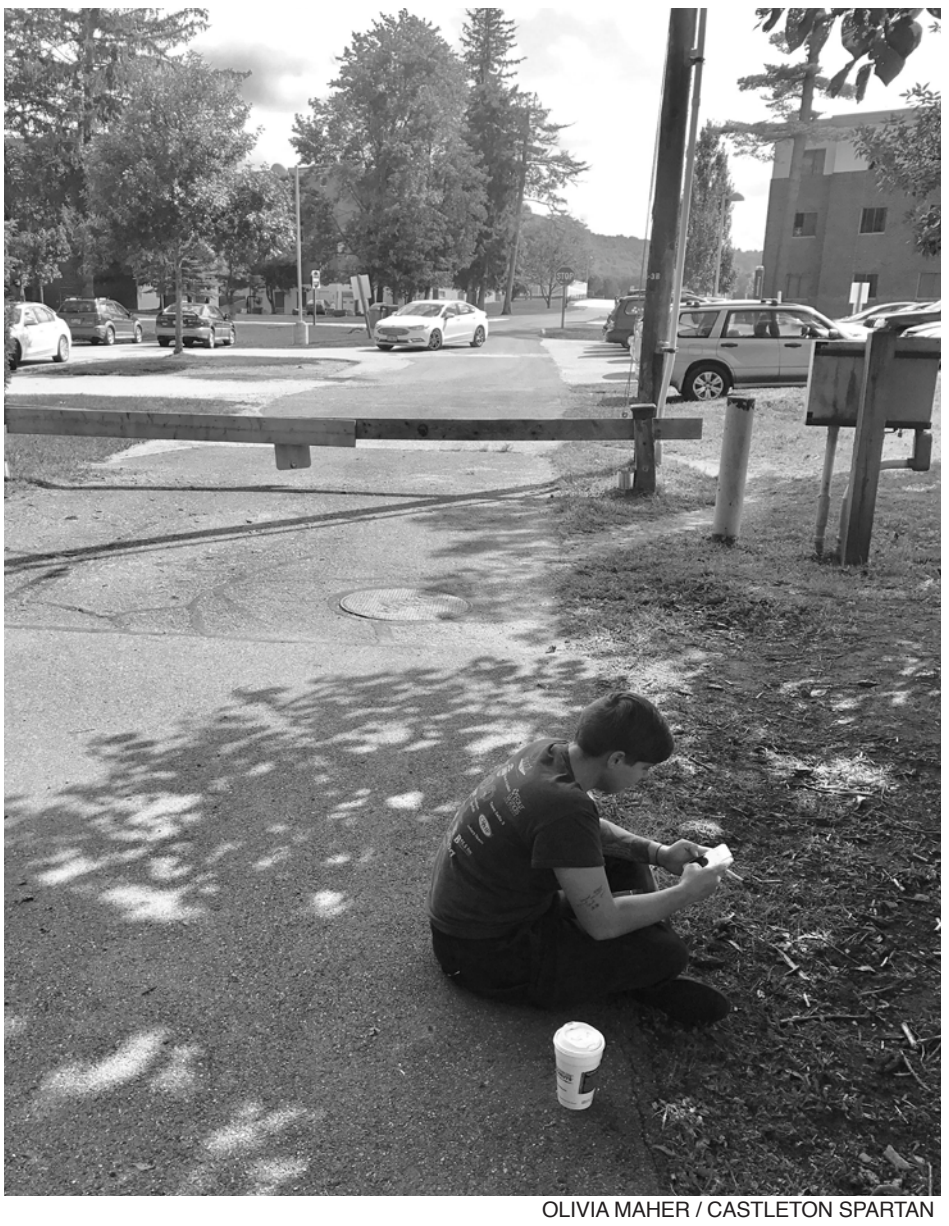
**"Somebody that brings something new to the table and supports the arts. Not somebody who follows the usual tasks they're supposed to do."**

Kelsey Birdsey

**"I want someone with strong leadership skills and someone who really listens to what the student body wants."**

Oliver Crawford

**"A president with a good balance between the arts, academics, and athletics."**



OLIVIA MAHER / CASTLETON SPARTAN

OLIVIA MAHER / CASTLETON SPARTAN

ADAM COOK / CASTLETON SPARTAN

**Huden employee Denver Griswold, above, takes a smoke break just beyond the limits of campus on Glenbrook Road. A can for cigarette disposal, top right, is located just off campus. Student Erik Anderson, bottom right, walks in front of one of several smoke free signs across campus.**

# Ban ignites controversy

## Some students say smokers should have a place on campus

**By Adam Cook**
*Castleton Spartan*

Every day, Castleton student Sadie Baker gets in her car and puts her key in the ignition. She shifts it into gear, and pulls out of the parking space and makes her way off campus. This is her new reality whenever she wants to smoke.

In Aug. of this year, Castleton University implemented a new tobacco free policy, a move which Baker feels is unfair.

"Having been a smoker on campus for over four years, and now having that right taken away feels really unfair," Baker said, "I understand what the school was trying to do by creating this policy, but I feel that it was poorly executed."

Baker is not alone. Castleton senior Erik Andersen, a non-smoker, says that while he recognizes that this policy is for all colleges, he is not sure how effective it will be.

"My main problem is that it's not going to stop people from smoking," he said, "It might stop people from smoking outside of the buildings and in the designated areas, but you can't just end smoking like that."

Sodexo employees Jim Birch and Garrett Alt, both smokers, disagree, and say that they understand the new policy.

"I smoke, but the whole thing of it is, you got them(smokers) in the buildings," Birch said, "They don't want to clean up. Down here, it's all clean. Why? Because I've done it."

One of the places to smoke off campus is just beyond the barricade blocking off Glenbrook Road. That is where Birch and Alt now go to smoke, disposing their cigarette butts in empty coffee cans.

"I'm for it, but I think there should be a couple designated spots a little closer," Alt said, "It's an inconvenience, and I understand some people don't smoke, and don't want to smell it, but some of us do smoke."

According to public safety director Keith Molinari, people have respected the new policy.

"We haven't received a single call here to public safety to respond to any smoking incidents," Molinari said, "But that's not the plan anyway. The plan is to be a community enforcement… My office hasn't received one phone call about smoking on campus."

Molinari says he no longer smokes on campus, and plans to utilize the cessation classes the campus offers to stop smoking entirely.

"I just don't do it," he said, "The director of public safety should be the last person smoking on campus. It's a struggle, but it's not the end of the world."

The first cessation classes for students was scheduled to take place in April, but according to wellness education coordinator Jamie Bentley, nobody attended.

"Neither of the cessation groups went last semester," Bentley, a former smoker herself, said, "which was understandable in the sense that often times people will wait until they really need to quit."

Bentley says that the new policy is not about convincing people to stop smoking.

"It's not saying that you can't smoke, or you can't chew," Bentley said, "We would just prefer you not do that here."

Bentley says the campus intends to offer a "Tobacco Free Ambassador" training session.

"(It is) a training on how to approach people that might be using tobacco on campus," she said.

Training for the Tobacco Free Ambassadors is on Sept. 14, 2017, at 12:30 p.m. in the campus 1787 room. Any students interested in taking part are welcome to attend.

SELDON HILL / CASTLETON SPARTAN

**It was move-in day for new Soundings Coordinaor Sam Green, as she tacks up decorations in her new office.**

# Sam takes over Soundings

**By Myles Riley**
*Castleton Spartan*

With the new school year underway at Castleton University, many of the students will be attending required Soundings events.

What most of these students won't know, however, is that the Soundings program will have gone through a slight shift in management.

Samantha "Sam" Green is the new Soundings manager taking over for Jess Cowden. Green has worked as a video technician at the school for the past five years.

"I like it here," she began. "I could definitely see myself retiring here. I think the people here believe in what they're doing."

Green said she hopes to make changes to the program so students want to attend events.

"Soundings is mandatory," she said. "I want to make it more enjoyable. A lot of kids don't want to go to these events because they're mandatory. They talk about it Soundings as they do about their other required general education courses. I want to have Soundings be more of something to look forward to, perhaps mandatory fun."

This past summer Cowden left Castleton to move to Colorado, which in turn, opened the Soundings doors to Green.

"I understand that Jess Cowden moved back to Colorado," she said. "I support this and want to keep bringing the energy that she had."

Asked if there are any events coming up in this semester's Soundings event schedule to look forward to, she was quick to answer.

"A Star Has Burnt My Eye," she said. "It is a show put together by Howard Fishman. The show features songs written by Connie Converse, which had been found after her death. Fishman turned the forgotten music into a show. It's pretty cool and I'm looking forward to it, so I hope students enjoy it as well."

Green will still be working part-time as video technician out of Leavenworth Hall in addition to her new Soundings duties.

SELDON HILL / CASTLETON SPARTAN

Photos by Olivia Maher

# My summer in the city

**By Olivia Maher**
*Castleton Spartan*

On the Upper West Side lives an apartment overlooking Central Park.

It's a castle as far as New York City living spaces go. Three bedrooms, tall windows in the large living room, washing machine, kitchen and dining room turned art studio. From this studio comes the artwork that lives on every wall and hangs from every corner of the apartment.

Candles, plants, and musical instruments are scattered throughout this fourth floor masterpiece.

Here you can meet Roslyn Hart. She's better known around New York as Dr. Alex Schiller, the author and personality of the highly praised book "Never Sleep Alone" and the mastermind behind the interactive theatrical wonder that goes by the same name.

A hilarious and downright real approach to dating and sex, the book is full of advice on how to better yourself and fall in love with who you are so fiercely that everyone else will do the same. With some "scientifically" proven tips and tricks thrown into the mix from Dr. Alex, you'll be swimming in potential lovers left and right.

At Joe's Pub, her show puts the principals of the book to work with a live audience and lucky participants. She serenades you and fascinates you from the very first moment, all under the tagline of the franchise, "In order to find The One, you must become The One."

For the second half of my summer I lived and worked as a production intern and social media strategist for the amazing world and atmosphere created by Dr. Alex. On top of her work with "Never Sleep Alone" she runs GDGH Productions - a company that puts on wild and inventive social events and gathering all across the city that never sleeps.

There's "Masquerade on the Town" – a masked, traveling party through the Lower East Side featuring secret locations, live music and artistic wonders at every turn. Or "Confidential" the interactive game set in a classic bar lounge built to make you talk and meet new people all night long in an effort to "find the spy" and win $100 and a bottle of champagne.

Behind the scenes, I helped with the build-up to each. Planning and plotting alongside Dr. Alex in the fourth floor castle on the Upper West Side, there were social media posts and Mailchimp campaigns aplenty. We created invites built to intrigue and threw out all the stops to push these fantastical events to the public.

My days were spent drinking coffee, running the hot summer New York streets to buy flowers, typing behind my computer, sorting through photos, planning social media posts, meeting actors and musicians, linking various accounts and organizing any and everything.

For each magical event, I dressed to impress. To blend in I needed to stand out. Dresses and makeup and masks helped enhance the intrigue of each evening. Working behind the scenes and helping to make sure things flowed smoothly, I could be found mingling, working the guest list, making sure candles were where they were supposed to be, ensuring photographers had all they needed, and running ahead in heels to the next location to finishing setting up.

I was able to hang with old friends who live in the city and meet so many new ones. In the short time I was there, I lived a whole new, fabulous, hardworking, subway-taking life.

I ate dinner with a peacock named Dexter. Watched a movie by the light of sky scrapers on the lawn of Bryant Park. Enjoyed tacos in the twists and turns of Chelsea Market. Got stuck in an elevator and waited with six other people for firefighters to pry us out. Took a stupid number of sunset skyline photos from any rooftop I could make my way to. Watched a friend perform sketch comedy at the People's Improve Theatre. Assisted in a promotional photo shoot and modeled for a few shots. Ate wild food from around the globe and drank cocktails too expensive for their own good.

It was a summer for the books…well…Dr. Alex Schiller's book.

# 'It' was scary - and funny

**By Martin VanBuren III**
*Castleton Spartan*

Staring into my soul at 9:45 were two horrific choices to make, what did I want to watch?

Option A: The most terrifying movie currently in theaters, or Option B: The funniest movie you'll want to see with someone who doesn't take kindly to thrillers.

If you chose Option A, congratulations, you chose Despicable Me 3, the most terrifying movie on the market. Those minions man, you'll see things that you will never be able to un-see. And then there's Option B: It (2017) which to some, including myself, was rather comical if you aren't afraid of clowns.

If you are, that's a different story. You'll soil yourself.

Let's start with one of the most iconic scenes that most people are going to recognize or know about once they glue their bottom to the seat. The scene involves Georgie, his paper boat rushing down a pavement-stream right into a gutter; right into Pennywise's lair…? (Spoiler? You'll have to find out.)

Let's start with Pennywise. Regardless of your fear or non-existent fear of clowns, he's terrifying. His eyes pierce

the soul like... like thrown-away pizza. Yeah. You're with me now, aren't you?

His eyes moved in uniform from behind the sockets right into place; while not fear-inducing, it definitely made my eyes hurt. But it's his teeth in this gutter scene that made my head tilt as the piranha-like daggers spiking out of Pennywise's elongated mouth into Georgie's shoulder that got me good. I was expecting the usual build-up of suspense, followed by a moment of uncertainty, and then an off-screen sound of the event happening.

But nope, that didn't happen at all. I saw Pennywise, I saw Georgie's arm torn off as he is dragged into the sewer crying for his father. This was followed by a whole lot of "oh-ing" and "aaah-ing" from the very few people also sitting through the screening.

Speaking of Pennywise, let's talk about Bill Skarsgård's portrayal of the clown.

Man was it good.

And not just "eh, it was alright," it was phenomenal, to an extent. If you hate clowns, you'll hate this one. However, if you take a moment to consider more about the portrayal of the character, you'll realize that Skarsgård somehow managed to take Mike Myers' Cat in the Hat to a whole new level.

For instance, towards the end of the film, Pennywise takes a bullet straight to the forehead which results in what seems like a "standard routine" for Pennywise. It's like his personal goal as a clown is to make his death as clown-ish as possible, and he definitely succeeded.

Beyond the cast, I have to mention the cinematography and effects in the film. Each shot is it's own story; in fact, the movie itself (with Pennywise's numerous disguises/forms) can be almost considered a collection of short monster-stories involving the same monster, due to the fact that Pennywise is not the only form "It" takes.

If you don't find clowns scary, you'll definitely find moments in this movie to laugh at.

If you do find clowns scary, you'll definitely want a change of underpants and to leave the lights on for a while.

# LCD disappoints a pretty big fan

**By Zach Castellini-Dow**
*Castleton Spartan*

On Sept. 1 LCD Soundsystem released their new album, "American Dream," and it brings an interesting discussion- What do you do when a band you really love releases music that you really don't like?

While I didn't enjoy the whole journey, I think it's important to find what you like about it. What I really appreciate about this album is what I like about LCD Soundsystem's music in general. It's just so fun to listen to for the first time.

My favorite songs by them are the ones you can tell that they had fun with, like "Drunk Girls" and "All My Friends." This album has two core tracks that made me smile like a madman while casually walking to class, which are "Tonite" and "Emotional Haircut."

"Emotional Haircut" shows playful character that you'd expect from the band by making fun of ridiculous hairstyles from the past with clever lyrics that will make you go back and listen again.

"It's different from any of the music you hear on the radio," said Sadie Baker, a senior accounting major at Castleton.

She said she really enjoyed the "last few seconds that leave you on the edge of your seat.

John Barone, a senior music major at Castleton, was not a fan at all. "It sounds like Joy Division if they sucked. Oh wait, Joy Division does suck."

Some publications, like The Advocate, scalded the new album, writing that, "If Murphy would get over himself, his albums might be less bland," while The Ithacan was more modest and respectful of their work, stating that the album is, "Not quite good enough to recommend, but not bad enough to condemn." I think that's where this album sits for me too.

Whether you're into electronic or rock, or even if you're a fan of their previous work, missing LCD Soundsystem's new album isn't that big of a deal, just try to see the good through all of the negative reviews.

# Com dept. welcomes new professor of design

*Continued from page 3*

Q: Is there anything you're not a fan of? There's always a "but"

A: Here's the thing, this isn't so much a "but," as it is that I'm learning to adjust to the irregularity of my phone service. I've learned to be more relaxed, there are times when I'm just not going to have access, and that is fine. It's so funny, I have it up to 100 yards away from where I live. I have three bars, and then I have nothing. It's a sign from the universe I think.

Q: What are you teaching this semester?

A: I'm teaching Digital Photography; I think we're all digital photographers already, so it's more about how we can take our images and make them say more, do more, and be more. I'm teaching two sections of Graphic Design I, Introduction to Graphic Design which I absolutely love, because it really shows how art and human interactions and life as it is lived. How they come into play in a design, how they're lived, how our feels become reals is what I like to say. How expectations from a client become affectations in a layout that we can point to. I also teach a really exciting hybrid class of Graphic Design two, three, and four students and we're using that as a design service agency. We're going to do actual projects; one project this semester has been from David Blow, who has kindly given us an opportunity to propose a makeover to the Spartan.

Q: What do you hope to contribute to Castleton?

A: I hope to contribute a record of career placement after graduation. I hope to support local economies and environmentally healthy projects and initiatives. I hope to support not-for-profits and do-good organizations, and I hope that students while they're here will have an opportunity to use their classwork to make a difference before they graduate. The other thing I hope to do is help connect high school students with Castleton for Graphic Design.

Q: As a Graphic Designer, do you have a favorite font? I know you won't say Comic Sans

A: No I won't, but I have an obscene love of the font Impact, but this morning I decided that I really love Avenir… again.

**Q: Cats or Dogs?**
**A: Hit me where it hurts. Cats. Charlie, he's got three legs, he's beautiful. He's my guy. Came in through my kitchen window.**
**- Bill DeForest**

Q: Is there anything in particular that you do to keep up with modern trends? Do you pull a 30-rock and just Steve Buscemi it? (How do you do fellow kids?)

A: I do. Well, first of all I'm a member of the AIGA (The American Institute for Graphic Artists); I plan to attend their conference, and I am a part of AIGI Upstate in New York, so I go to Upstate Creates. I read my news letters, I get feeds, and of course I have some of my favorites that I follow on social media. I want to join the Vermont version of the AIGA, but that's on a bread-and-butter level of how I stay connected.

Q: How do you feel about rapid fire questions?

A: They make me breathless.

Q: Left Twix or Right Twix?

A: (excitedly) I'm totally right Twix.

Q: Pepsi or Coke?

A: Pepsi with Lemon.

Q: Xbox or Playstation?

A: Let me put it this way: Tetris, Super Mario, and I have beat the mother-brain out of Metroid. I'm classic Nintendo.

Q: Tea or Coffee?

A: Coffee. One cup a day, but it's endless.

Q: Pandora or Spotify?

A: Pandora. And I've gotta say this, algorithms for music are making me a believer in robot love.

Q: Cats or Dogs?

A: Hit me where it hurts. Cats. Charlie, he's got three legs, he's beautiful. He's my guy. Came in through my kitchen window.

Q: Cake or Pie?

A: Pie! Berry Pie.

Q: Any specific?

A: If it ends in Berry I love it.

Q: Hulu, HBO, or Netflix?

A: HBO.

Q: Photoshop or Illustrator?

A: (punched-in-the-gut reaction) Oh, I would say Illustrator. I've become a lover of flat, clean design. I think Illustrator speaks more to the moment that we're in these days.

Q: Do you have any guilty pleasures that you wouldn't mind sharing with the entire population of Castleton and the internet?

A: I'm hooked on the rail trail, it's my jam. I walked to Poultney and back yesterday and almost destroyed my foot. I can go bad on Ben & Jerry's and I have to be careful. It's very close to my Kryptonite here. I cannot wait to binge the rest of Game of Thrones, but in this move I've sort of lost track of a lot of my shows.

Q: Are you prepared for Vermont roads in the winter?

A: I would say that I have had a lot of classical training in driving in the snow. I think what I'm not prepared for is mud season.

# The race is on

*Continued from page 1*

LaBrie, for instance, taught and was the former dean of Professional Studies at Northeastern University and currently is the founding principal at Northeastern University at their newest campus in Toronto, the first International regional campus.

And in 2017, Scolforo won Century Link's Business Woman of the Year Award. She also was president at Keiser College and other jobs have included being a writer/journalist for multiple publications and the executive director at Fortis College.

Scolforo visited campus on Tuesday and will wrap up her visit today.

All candidates are conducting morning meetings with faculty and afternoon sessions with students and faculty to address their plans for Castleton if chosen.

Junior Gabrielle Coons said that she thinks having a president who is not familiar with Castleton will be positive for the school.

"Castleton needs new perspective and I feel like the candidates not being from Castleton would give the school new perspective," Coons Said.

James Wolfe, also a junior, seemed to agree and talked about what he wants in the new president.

"I would like to see them bring about new changes that make Castleton stand out," Wolfe said.

Wolfe would like to see some changes in the way professors teach their students, such as being more hands-on. He hopes to see the president meet with the professors to discuss different ways of teaching that may be more hands-on and interesting for students.

But Reilly Knipes, a sophomore, believes candidates being unfamiliar with Castleton's campus puts them at a disadvantage.

"They have big shoes to fill," Knipes said.

After the campus visits, the committee will recommend two or three of the candidates to the Board of Trustees, which will make the final decision by the end of September, Spaulding said.

He, like Knipes, alluded to how difficult it will be to replace a president like Wolk, who has done so much for the university and who most students and faculty treasure.

"Dave Wolk is impossible to replace," Spaulding said.

# Candidate withdraws citing family emergency

*Continued from page 1*

"Thursday afternoon Dr. Anne Huot notified me that an unexpected family event has arisen requiring her to withdraw from the presidential search," Spaulding wrote in an email to the Castleton University community two days later.

Spaulding did, however, ensure in a recent interview that he expects Castleton's next president to continue to support the freedom of the press and allows *The Spartan* "to print whatever the paper feels important."

"Whomever is selected as president, there should be a clear policy regarding student press and freedom of speech," DelSesto said. "It should be made clear that there will be no restriction of the student press ensuring an open dialogue on campus."

Huot, in a follow-up interview interview after Spaulding's announcement, said her withdrawal had nothing to do with *The Spartan's* inquiry about her past at Keene. She left the Keene State presidency to take an unpaid year off, citing plans to return to the school as a biology professor.

"I am surprised to hear she withdrew her application because she already went behind Keene's back to go through with this presidency, so you would think that she would really want this if she's breaking ties with Keene," Belanger said. "I don't think she'll come back after all of this, but I also didn't think she would be applying as president somewhere else, so who knows."

Belanger said under interim Keene State President Melinda Treadwell, students reporters are already enjoying easier access to college sources. She said staff members met with her telling her of the past problems and she was very receptive.

"And administration members who are still here that used to give us a hard time about access don't anymore," she said.

# Welcome back weekend

## The events of the 2017 student orientation were captured through pictures

# Castleton men shut out by Clarkson, 2-0

**By Jack Culpo**
*Castleton Spartan*

The Castleton men's soccer team, after a deadlocked first half, gave up two early second half goals Friday night, losing 2-0 to Clarkson.

The defeat puts the Spartans at 1-3 on the season after dropping both games of the Huskey Challenge at Hannaford Field. Clarkson on the other hand, moves to 3-1.

After a back-and-forth first half highlighted by strong defensive play from both sides, Castleton came out in the opening minutes of the second half poised to strike. Jacob Godfrey gave the opposing side a scare with a shot from inside the box that went just wide and Jack Kingdon looked to capitalize on a corner kick several minutes later.

It was the Golden Knights, however, that would draw first blood in the 53rd minute. Brandon Bahr took the ball to the Spartan goal line before sending a cross in to Mack Walton who put it right past the outstretched arms of goalie Aaron Parker.

It took less than a minute for Clarkson to get their second of two goals. Parker made two diving saves before the ball found itself at the feet of Drew Lewis who buried his shot in the back of the net.

A penalty kick was awarded to the Spartans off a hand ball in the 64th minute. Kingdon stepped up to take the shot, however Clarkson goalie Ian Roeloffs made a diving save to halt Castleton's momentum.

Freshman forward Seraphin Iradukunda continued to show impressive footwork and ball control as he dashed around the Clarkson defense throughout the game. This performance followed a strong, two goal game on Tuesday in a 3-1 rout of SUNY Poly. Coach John O'Connor spoke about his player after the game.

"Seraphin is great, although he still has a lot to learn," he said.

He also mentioned how good it is for the team to have a player who can dribble by defenders in one-on-one situations.

Clarkson was in control for much of the game, having the advantage in shots at 15-11, and 9-5 on goal. Parker finished the game with seven saves on nine shots, while Roeloffs had five saves and the shutout.

The Spartans will be traveling to New Hampshire Wednesday to take on Keene State. The Owls will enter the match looking to build off their first win of the season last Saturday under the guidance of their ten veteran seniors. Meanwhile the much younger Spartans will be looking to gain some forward momentum heading into the rest of the season.

BAILEY CUMMINGS / CASTLETON SPARTAN

**Castleton senior Derek Blouin sheilds a Clarkson defender in the game on Sept. 8.**

# Lyons edge Spartans, 2-1

**By Tim Brosnan**
*Castleton Spartan*

The Castleton Spartans women's soccer team fell to the Wheaton Lyons in a close 2-1 contest on Saturday at home. Before the game, Coach Chris Chapdelaine said he anticipated this one would be a tough matchup.

"They're always good," he said. "But we like to get out there and play good teams because it's an opportunity to make mistakes and get better."

Yet not too many mistakes were made by the Spartans.

The first half of the game was a hard fought defensive battle. Wheaton was aggressive, but the Spartans held strong. By the half, the score was 0-0 and Wheaton had only taken one more shot than Castleton, 5-4. Scoring opportunities seemed hard to find for both teams.

The second half was a different story.

There was immediate action right out of the gate as Wheaton benefitted from a Castleton save attempt gone wrong within the first 30 seconds of the second half putting the Lyons up 1-0. The Spartans, however, wasted no time in retaliating. Less than 30 seconds later, sophomore Makenzi Bellando converted a penalty kick to tie the game at 1-1.

For a while it seemed as if the game was headed for overtime until a perfectly placed shot from Wheaton's Kaylee Sye found the top right corner in the 80th minute. This would prove to be the game winner making the final score 2-1.

After the game, Chapdelaine said he was proud of how the defense played but would like to see his team "generate more scoring opportunities."

"Normally we've had a lot of firepower in the past," he said. "This year we've really been prioritizing defense and I think it shows. If not for a few mental lapses, I don't think they score those two goals."

Freshman defender Mikayla Sullivan agreed with her coach, calling the two goals "unlucky."

"They were pretty good upfront, but I think we handled their offense just as well as we would any others," she said. "They were quick, but we stayed composed and when things got chaotic, we were still managing to get the ball out of our defensive third … Just like any game, we will defend until we can't defend no more."

Castleton's strong defense is no doubt what kept them in the game versus Wheaton throughout most of the game. The Lyons came into this matchup averaging 3 goals per game, but were held to just 2, which is an encouraging sign for the 0-2-1 Spartans. They will look to get their first victory of the season on Sept. 13 when they take on the MCLA Trailblazers in Massachusettes.

OLIVIA MAHER / CASTLETON SPARTAN

**Women's soccer sophomore Makenzi Bellando receives a pass during the Sept. 9 game against Wheaton College.**

# Spartan field hockey falls to Mt. Holyoke in home opener

ROBBY PEREAU / CASTLETON SPARTAN

**The Castleton defense looks to stop a penalty corner against Mt. Holyoke on Sept. 9.**

**By Robby Pereau**
*Castleton Spartan*

A slow start did in the Castleton University field hockey team on Saturday.

The Mt. Holyoke team came out strong, and secured a 2-0 first half lead with goals from Colby Newsham and Sophie Perekslis.

Castleton University's squad could not match the offensive intensity that Mt. Holyoke brought from the start.

"We need to come ready to play" said coach Jessica Kischko after the game.

The Spartans were getting beat on offense – and defense – in the first half.

The Lyons controlled play for the majority of the first half, securing 12 penalty shots compared to the Spartans 1. After weathering a barrage of shots, goal keeper Tashia Pashby-Rockwood recorded seven saves, in a solid showing.

Castleton came out energized in the second half. But even the burst was not enough to get the Spartans on the board, and they were further slowed by another Newsham goal, her second of the match, which extended the lead to 3-0.

Despite the big deficit, the Spartans would not go away, helped by a Sarah Wells goal with 9:31 left in the second half.

The first half deficit proved to be too much to overcome as the Spartans fell 3-1 to the Lyons.

Kischko after the game said she was proud of the second half adjustments her team made.

She just wishes it came a little earlier.

"We need to bring intensity from the start," Kischko said.

The loss drops the Spartan record to 1-3, with only a 5-2 victory over Morrisville. The team suffered a close double-overtime 2-1 loss to Union in the season opener.

The Spartans next play Westfield State at home on Sept. 14 at 7 p.m.

# CU grads continue hoops careers as coaches

**By Casey McGraw**
*Spartan Contributor*

Reality sank in faster by the mile as I passed the cornfields and state lines. With everything I own stuffed in my car, I made the move to Nebraska. Yes, Nebraska.

Six days earlier, I accepted my third college coaching job since graduating from Castleton in May, 2016. This time, I am headed to Nebraska Wesleyan University.

Moving to the unfamiliar city of Lincoln came with a leap of faith I haven't taken before. Growing up, I rarely left New York. I spent four years at Castleton then lived in Henniker, New Hampshire last year while coaching at New England College.

Safe to say, I've never been one to stray too far from comfort.

So, why was I able to suddenly move my life to a state 19 hours from home and predominantly known for its corn?

Because of Tyler Ackley.

Ackley was my teammate at Castleton for two years before graduating in 2014. He shares the same passion for coaching and applied for dozens of jobs. Finally, he landed one as a graduate assistant for Dale Wellman and Alfred University.

At least that's what he thought.

"Dale called me up and asked if I submitted my paperwork to accept the job yet," Ackley said. "When I said 'yes,' he told me he took the Nebraska Wesleyan job and wants me to go with him."

Despite Alfred being in his native state of New York, Ackley said for some reason, he never second guessed it for a moment. He was going to Nebraska. But that didn't stop him from taking a step back and thinking "woah, this coaching thing is a business for real."

Similar to Ackley's experience, my first coaching job didn't go as planned. Two weeks after taking the assistant job at SUNY Adirondack in Queensbury, New York, I received a call from Charlie Mason at New England College. Two days later I was packing my bags to move to Henniker for the 2016-2017 season.

This past August, I flew out to Lincoln to work a NWU basketball camp with Ackley. On the outside, my purpose for the trip was to work the camp. In reality, my motivation for going was to create a relationship with Coach Wellman because I knew I wanted to work at NWU someday.

COURTESY PHOTOS

**Castleton graduate Tyler Ackley, left, helped former teammate Casey McGraw, right, land his new coaching job at Nebraska Wesleyan University. Ackley is leaving NWU to coach at Colby College.**

While I was in Lincoln, Ackley was offered a full-time position at Colby College in Maine, and my trip paid off as I was asked to become his replacement.

Ackley helped me learn the city as well as the nation-leading offense he helped create, but what I took away most was his approach at making the move.

"There's no sense in moving out here and doing anything half-ass," he told me. "Give it everything you have. You got this job for a reason so make the most of it."

He also talked about some things he got to experience in his three years in the Midwest.

"I never thought I would get to see the Rocky Mountains or drive through Wyoming or see the Cornhouse in South Dakota – a basketball gym made entirely out of corn," he said.

Traveling comes with the territory here at NWU. In my next two seasons, we will play games in Iowa, Texas, Minnesota, Washington D.C., Virginia, Wisconsin and Washington; none of which I have ever been to.

Unfortunately for Ackley and I, the opportunity to explore the country doesn't come without a price.

"It drives me nuts when people say 'oh, well you must not be as close with your family as I am'," he said. "No, we miss our families everyday, but in this industry, if you want to achieve anything, you're going to have to make some sacrifices."

In a weird way, this made me more comfortable about moving to Lincoln. He made me realize that yes, I'm going to miss my family. No, I won't be at Spartan Stadium for homecoming weekend. No, I won't be home for Thanksgiving, Christmas or Easter.

But I'll be just fine.

So if you're thinking about post-grad life, don't be afraid to take some chances. If you want a job, don't just apply for it; go get it. But most importantly, when you're not sure if you have what it takes, Ackley has some advice for you.

"Sometimes you have to bet on yourself. And when nobody else believes in you, double down on it."

# Special teams errors costly for CU

OLIVIA MAHER / CASTLETON SPARTAN

**The Castleton defense, led by Jakob Trautwein, second from right, looks to make a stop in opponent territory.**

**By Jordan Lumsden**
*Castleton Spartan*

It has been 1,796 days since the lights last shined down on the green jerseys of the Castleton football team, but the Spartans were on the losing side of last Saturday's night game at Spartan Stadium falling to Fitchburg St. 31-10.

Herbert Acosta was the standout for the Falcons. Acosta tallied 155 yards on eight catches with one touchdown and was the go to receiver for quarterback Nelson Valerio. Valerio was solid all night completing 19 of 26 pass attempts for 289 yards and four touchdowns. Jevon Brown-Simpson carried the ball 16 times for 49 yards

With 5:17 left in the second quarter Acosta was able to beat his man on the left sideline and Valerio found him from 26 yards out to put the Falcons up 10-0 going into halftime.

"It looked like they were playing cover two, but we knew the safety wouldn't come over and help on the short fade and we've been practicing that all year," Acosta said about his touchdown.

Moe Harris was the primary source of offense for the Spartans rushing for 89 yards on 22 carries. Mitchell Caron completed seven of 20 pass attempts for 37 yards and one interception.

Coming off a 31-7 loss against Plymouth St. in week one, the Castleton run defense proved tough, limiting the Fitchburg St. rushing attack to only 1.5 yards per carry. Jakob Trautwein tied his career high for tackles in a single game with 18, just three shy of the program record.

"I'm more concerned about us as team; us as a whole. I'm not really too impressed with the individual stats. It's always cool to get your name in the paper… but the only stat I'm worried about is in the win-loss column," Trautwein said.

Although it was a close game for most of the night, the Falcons were able to pull away in the forth quarter scoring three times in the last 10 minutes through the air.

"We came in with a game plan to kind of run the ball. They did a great job of taking the run away and really loading the box and bringing pressure off the edge and really stifling the running game," said Fitchburg St. head coach Pat Haverty.

Castleton head coach Tony Volpone thought his defense played well, but struggled to make plays on special teams. A bobbled snap in the third quarter caused kicker Ryan Payne to hit the cross bar from 22 yards out, then in the fourth quarter a dropped punt was recovered by the Falcons who were able to score and regain the lead.

"Playing hard is great, but you have to execute in all three phases of the game when it's time to execute," Volpone said.

Castleton will only have to wait seven more days to play under the lights again when they battle Norwich for the Sap Bucket at Spartan Stadium on Sept. 16 at 6 p.m.

"I haven't played under lights since high school," Trautwein said. "The crowd was pumped. Everyone was getting rowdy and I just really love that atmosphere."

## Are you ready for some football?

**By Dylan Blowers**
*Castleton Spartan*

I am about to utter the three words better than "I love you" – Football. Is. Back.

Finally, after 214 days of waiting, we have competitive football to watch. Everyone starts at 0-0, and everyone has a chance at playing in February – except the Browns and Jets of course. All "jokes" aside, let's get into some week one takeaways and season predictions.

First things first: Don't worry about the Pats. And if you absolutely hate them, don't get your hopes up. Sure, it was hard for me to watch Kareem Hunt have a record breaking debut, and for Tom Brady, aka the greatest quarterback of all time, to actually look his age. It was almost as hard as it was to watch Julian Edelman go down in the preseason.

But consider this, the last three times the Patriots lost in week one, they hoisted the Lombardi Trophy. And the last time they suffered a rout like this was in 2014 when they lost 41-14 to the Jamaal Charles-led Chiefs. They then won seven straight, with Brady having 2,200 yards and 22 touchdown passes over that stretch. Oh, and they won the Super Bowl. Handling adversity is what they do best.

As much as I – and any other fan, even their most diehard followers – find it easy to pick on the Browns, they will actually win games this year. Take this as my bold prediction of the year: The Browns will win four to six games this season. I didn't want to jump on the Deshone Kizer bandwagon, given the Browns' recent quarterback history. And maybe now I'm not exactly jumping on, but I at least have a foot on it. Minus Antonio Brown's 11 catches and 182 yards, Kizer would've outdueled Roethlisberger in their 21-18 loss to the Steelers. They will at least play spoiler this season, and won't be a complete pushover.

This looks like the perfect place for some postseason predictions. On the AFC side, it's just too hard not to go with the Patriots. If Father Time has caught up to Brady, I'm not ready to admit it yet. But for argument's sake, let's pick the Raiders to represent the AFC. In their 25-16 opening win versus the Titans, their offense ran smoothly, with Marshawn Lynch, Derek Carr, Amari Cooper leading the way. Defense looked sharp as well, with the only touchdown allowed being a Marcus Mariota rushing one.

On the NFC side, I'm going to go with the Packers. They didn't allow a touchdown in their 17-9 victory over the Seahawks – another NFC contender. Offensively, they are led by one of the best quarterbacks in the league, Aaron Rodgers. And he will be the difference maker in the championship game, as I'm going Packers over Raiders.

# Getting to know Bubba Collins

**By Brendan Crowley**
*Castleton Spartan*

Cody "Bubba" Collins is excited to be back on the field with the Castleton Spartans football team. A senior out of Newport, Vermont, Collins played in all 10 games last year, recording 55 tackles, including 10 for a loss, which ranks third all-time in a single season at Castleton. He also forced two fumbles and recovered both of them. With a goal of leaving a legacy at Castleton University, he hopes to further improve his game in the 2017-18 season. We caught up with Bubba to learn a little bit more about him.

Q: Considering this is your senior year, what are your goals and expectations for the upcoming season?

A: You know I've been playing college football since 2012 and I've been all over, so my goal right now is to be better than I was last season. I had a pretty solid 2016 season, but I'm looking to be better, faster, and stronger.

Q: What is it like in the locker room? How is the team's morale leading up to the start of the season?

A: We're great, we're great. A lot of high energy, guys are flying around, we're having a good time, and a lot of good team chemistry right now.

Q: What inspired you to play football?

A: Definitely the brotherhood, and coming from a rough family, this was always my getaway and these guys I could always relate to. They always had my back no matter what and nothing is like that.

Q: Who is your favorite NFL team? Who do you think will win the Super Bowl?

A: Oh, hands down it's the New England Patriots. Not only will they win the Super Bowl but they're going to go undefeated, and watch out for defensive end Justin Rivers, he may be a Rookie of the Year contender. (Editor's note: This interview was done before the Patriots' season opening loss)

Q: You're drafting a fantasy football team; who are your top 3 picks?

A: Oh I just actually had my fantasy football draft and I drafted Le'Veon Bell number one overall, and then I drafted Matt Ryan and Leonard Fournette.

Q: Which professional football player is your role model?

A: Now this is untraditional. I'm a die hard Boston College fan and growing up I always looked up to Mark Herzlich. He's a linebacker for the New York Giants, he overcame leukemia and he's been such an inspiration to me, just the battle that he went through to get to where he is today.

Q: What is one thing you would like to say to all the incoming freshmen players?

A: Stick with it. Always stay hungry, and never let a bad day get at you. We all will have our bad days but we just have to let it go, keep pushing forward, and always maintain a positive attitude.

Q: What is your guilty pleasure?

A: Oh, my guilty pleasure. I love sour patch kids.

Q: If you had to play another sport, what would it be?

A: I would get into mixed martial arts again. I did a short boxing stint back in the day and I'd love to get back to that. I love hitting people, so it's fun.

Q: Do you have any superstitions before a game?

A: Yes, I listen to two songs ever since 2009 before every single game, it's something I have to do. Number one is "Ribbon in the Sky" by Stevie Wonder and number two is "Any Given Sunday" by Jamie Foxx.

Q: What is one interesting thing about yourself that not many people know about you?

A: I'm a die hard fan of smooth jazz. I love the saxophone, and if anybody plays the saxophone I will arguably fall in love with them, and yeah it's a little weird.

OLIVIA MAHER / CASTLETON SPARTAN

**Cody "Bubba" Collins poses for a picture before the game against Fitchburg St. on Sept. 9.**

Q: Do you have a particular meal that you eat after a game?

A: After the game, my number one go-to meal is definitely a nice steak. I'm a big New York strip guy. If we lose it's Ramen noodles, if we win it's a New York strip.

Q: You get $1 million, what is the first thing you do with it?

A: Take care of my mom. First thing I'm going to do is pay off all her loans, all of her expenses. You know she's fought for a way to see me get to where I am today so I'm going to take care of her first and then worry about the money after.

Q: You're a big guy. What is the most you have ever eaten in one sitting?

A: I'm not proud of this. I was a two-time pizza eating champion in my old hometown of Newport and I still hold the record. I had 14 slices of pizza in 90 seconds, and I'm not proud of that.

Q: How would your best friend describe you?

A: Funny. I'm a very funny guy, and I'm always talking. I never know when to shut up, and that can get me in trouble sometimes.

Q: What is your most embarrassing moment?

A: I peed my pants in second grade, and then I tried to cover it one time. I was walking around pretending I poured water on my pants, and then it really started to smell.

# Spartan sports at a glance

**By Jordan Lumsden**
*Castleton Spartan*

SELDON HILL / CASTLETON SPARTAN

**Kaylyn Crompton, left, has set the pace for the women's cross-country team. She finished in the top two of both her races this season. Grandon Smith is no stranger to first place this season winning both his races. The two race again at the UMass-Dartmouth Invitational on Sept. 16 in North Dartmouth, Massachusetts.**

**Women's Tennis**

The women's tennis team is currently 3-2 and is led by sophomore Megan Nadler and senior Ciara Bannister. Nadler has won all of her singles matches this season going a perfect 5-0, while Bannister has recorded a singles victory in every Spartan win this year. The Spartans play at home next on Tues. Sept. 19 when then take on MCLA at 4 p.m.

**Men's cross-country**

Grandon Smith leads the charge for Castleton men's cross-country. He has won both races this season. First he posted a time of 16:56 in the 5k Mountaineer Invitational at Southern Vermont College in Bennington, Vermont and followed it up with a finishing time of 26:29 in the 8k Castleton invitational. The team placed second and third in those races respectively.

**Women's Cross Country**

Kaylyn Crompton paced Castleton women's cross-country winning the mountaineer Invitational with a time of 20:50 and then placed second at the 5k Castleton Invitational with a time of 20:34 just 42 seconds behind the leader. The team placed second in each of those races.

**Men's Golf**

Jacob Erwin has topped the Castleton leaderboard to start the season posting two top-5 finishes for the Castleton men's golf team. He shot a 90 at the Johnson St. Invitational at Rocky ridge Golf Course in St. George, VT.to finish in a tie for fifth. He followed that performance by shooting a 74 at the Middlebury Fall Classic at the Lake Placid Club in Lake Placid, NY and finished in a tie for fourth place. The team won the Johnson St. Invitational and placed fourth at the Fall Classic. Erwin looks to continue his steady play as the Spartans compete in the Duke Nelson Invitational in Middlebury, VT on Sept. 16t and 17.

**Volleyball**

Struggling to start the season, the Castleton volleyball team currently sits at 0-6 and has only recorded one set victory. Shannon Manchester leads the team in kills with 27. The Spartans are in action next when they take on Old Westbury and Paul Smith's College in back to back games on Sunday Sept. 17 starting at 12 p.m. ad 2 p.m. respectively.

**Rugby**

Coming off their inaugural season, the women's rugby team hasn't been able to piece it together and is currently 0-2 in 2017. The women lost 84-10 against Sacred Heart on Sept. 1 and then were on the wrong end of the result again losing to LIU post 15-12.

Castleton Spartan
CASTLETON UNIVERSITY'S STUDENT NEWSPAPER
Wednesday September 27, 2017 CastletonSpartan.com Castleton, Vermont

# Sophomores no longer have a choice

**By Briana Bocelli**
*Castleton Spartan*

The recent expansion of housing options on campus and a decline in admissions means new housing policies for all second-year students at Castleton University.

University officials announced that in addition to freshman being required to live on campus, sophomores will now be required to do the same starting immediately.

Dean of Students Dennis Proulx said that with the dip in enrollment, Castleton has spaces that need to be filled in residence halls, so they are capitalizing on that opportunity.

Since the dorm expansion in Rutland, 75 rooms were added and 45 singles were made available. Due to low enrollment, someone needed to fill those spaces.

"Up until this year, we've had 100 percent occupancy and at some times 104 percent occupancy," Proulx said. "We're down because of the freshman class."

OLIVIA MAHER / CASTLETON SPARTAN

**Sophomores are now required to live on campus, but they do have more options with the new apartments in Rutland and extra single rooms.**

Proulx said though the policy requires sophomores to live on campus, they still have the option of living in a single or a Rutland apartment if they want to have that sense of independence.

"When a student moves off campus, they have to start taking into consideration how they're going to pay rent, how to pay electricity, that sort of thing," Proulx said. "So developmentally, it doesn't force someone to kind of prematurely have to deal with that."

Proulx said one of Castleton's philosophies is that it is important for students to learn how to live with someone and build relationships, and he believes that's a crucial part of what it means to be a college educated person.

According to President David Wolk, Castleton used to be one of the only schools in the Vermont State College System that didn't require second-year students to live on campus.

"This has been the practice for decades at other institutions such as UVM and Johnson. Middlebury and St. Michael's require students to live on campus for four years," Wolk said.

But Castleton doesn't need to take it that far, yet.

"I don't see us in the near future demanding four years of living on campus. We're talking about having room for first and second years," Proulx said.

*See 'Residential' on page 6*

# CU group joins national effort

**By Jacob Peet**
*Spartan Contributor*

It all started with a Google Doc proposing a daring plan. Two million views later, "Indivisible" is a rapidly growing political movement taking the world by storm.

Initially founded as a response to the election of Donald Trump, Indivisible is a progressive grassroots network of people organized locally who work for a more equitable, democratic, safe and free world. A total of 5,800 groups have been formed across the nation, including two in every congressional district.

Now the small town of Castleton is among them.

Mary Droege, adjunct biology professor and greenhouse manager at Castleton University, is the driving force behind the group.

"I realized after this election that what I was doing wasn't enough, and I needed to step up and do more to help with the causes I believe strongly in," Droege said.

Droege stands for multiple social justice issues, such as equal protection under the law and voting rights, but admits her main focus lies in the field of science.

"If push came to shove and you asked me what I think is the most important issue right now, I would have to say climate change because it effects the entire planet," Droege said.

Erik Kindestin, a freshman at Castleton University majoring in biology, echoes that notion.

"If we keep on the path we're going, not only will the earth suffer, but we as humans will too," Kindestin said.

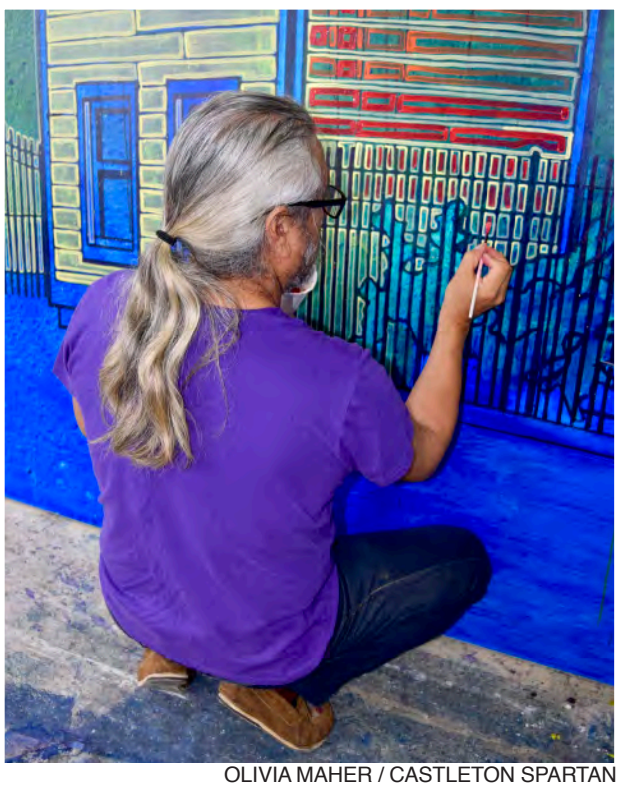
Castleton Indivisible has a private Facebook group with about 150 members, but Droege says she would like to see more involvement from students.

"It's your future," she said, addressing the student body.

Kindestin, however, is skeptical of the prospect.

"I just don't know how many are willing to participate given that there's so many that claim they don't believe it or just don't care," he said.

*See 'Castleton' on page 6*



OLIVIA MAHER / CASTLETON SPARTAN

CARLY TROMBLEY / CASTLETON SPARTAN

**Artist, Persi Narvaez paints a mural for the side of Haskell Hall to be revealed after October break. He has painted murals in Rutland, Vermont and is now bringing his creativity and talent to Castleton.**

# Painting a message

**By Carly Trombley**
*Castleton Spartan*

***Editor's Note: See related column on page 2 .***

Tucked in the back of Casella theater these days a man with a long graying ponytail has been feverishly painting – on a grand scale.

And after October break, his work – a mural on the side of Haskell Hall – will be unveiled.

The painter is Peruvian artist Persí Narváez who will speak at the unveiling about his work and what drives him.

"Vermont inspires me, as everything does. I love the history here, the people, and all of the green."

The exact date is to be announced because it is unknown exactly when the painting will be finished.

Narváez has painted murals in Rutland, Vermont, as well as Boston, New York and countless other locations.

Workers in the Fine Arts Center, where his work is being carried out, say the can't wait to see the finished product.

"I'm excited to get to see one (a mural by Navárez) on campus all the time! He's got such a vibrant color palette and style to his art that really catches the eye while still so realistically representing the structures he paints," said Soundings Manager Sam Green.

Narváez went to art school in Lima, Perú, where he is from. He says he likes to paint architecture, and to add mandalas to his art, which represent the, "elevation of spirituality and the harmony between people and oneself."

"When I was learning art and starting to work I was trying to find myself. After I make mistakes, I keep that art," Narváez said.

*See 'Artist' on page 6*

# Scolforo's approach sways the committee

**By Brigitta Gough**
*Castleton Spartan*

The Presidential Search Committee has unanimously recommended Karen Scolforo to the Vermont State Colleges System Board of Trustees to be the next president of Castleton University.

The Board of Trustees is scheduled to conduct a final interview with Scolforo during the last week of September and will make its final decision shortly after according to the e-mail sent out to the Castleton Community.

Over the past two weeks, the final three candidates, John LaBrie, Steven Sicinolfi and Karen Scolforo visited campus to meet with the committee and campus community.

Each of the candidates outlined plans for the university in separate afternoon meetings.

Student presence at the meetings was sparse, with no more than a few at each meaning the audience was mostly faculty.

Each candidate at the respective colloquiums was responsible for informing the community of their vision for the university if selected to be the next president of Castleton University.

Scolforo spoke about her plans for the university as being very collaborative. She said she wants to hear suggestions from students and faculty before making any big changes.

Talking about her approach when she became president at Central Penn College, she said that this was her first course of action.

Scolforo said one of the first things she said when she started at Central Penn College is "You will be heard."

She said she wants Castleton University to be the preferred choice for high school graduates and wants to improve student support and retention programs to increase enrollment numbers and retention rates.

She also wants to create more support for faculty to be innovative in their teaching methods and help them develop professionally through workshops. To achieve this, she said she wants to hear what the Castleton community thinks we can do better and how we can improve it.

"Faculty is the student learning experience," Scolforo said.

Scolforo said she believes it is important to work on our carbon footprint as well. She admitted in her colloquium that she did not have a lot of knowledge about sustainability and how she plans to change our carbon footprint but wants to hear from students and faculty on their thoughts of how we can improve sustainable practices.

Philosophy Professor Brendan Lalor, in a follow-up interview, said this is what made Scolforo his favorite candidate. He said he believed she understood the responsibility we have as a campus to the environment. He said that he thinks that our carbon footprint is usually just an item on a checklist that many do not really consider to be important.

"We need to wake up and pay attention to this and she understands where the wind blows," Lalor said, referencing a Bob Dylan's song, Blowin in the Wind.

Anne Slonaker, a professor in the Education Department, said she believes that Scolforo is a great choice for president because she has previous experience as a president of Central Penn College and will further President Dave Wolk's work. And she liked her persona.

"She encompassed such great energy," Slonaker said.

In his community colloquium, LaBrie said he would work to expand the number of students, improve undergraduate and graduate programs by changing our curriculum to meet the demands in each department, and expand the international student population.

*See 'Presidential' page 6*

SELDON HILL / CASTLETON SPARTAN

**Karen Scolforo won the recommendadtion of The Presidential Search Committee and will now undergo a final interview before the Vermont State Colleges System Board of Trustees makes their decision to hire.**

# An empowering interview done in his language

The other day I had an interview with Peruvian artist Persí Narváez, who is painting a mural for our beautiful campus. When I say interview, I realize that's a bit of a stretch. Because it was the most unconventional interview I've ever had. Maybe that's because it was entirely in Spanish, but I don't think so.

He first showed up in my Spanish art class to share some of his works with us and answer our questions. I had no idea he would be there and I had just been assigned the story for The Spartan an hour before. So as he spoke to my class, while the others twiddled their thumbs and prayed to god they wouldn't be called on to ask him a question in Spanish, I scribbled notes as fast as I could trying to capture everything he said.

Now, if you think taking lecture notes is hard, try having to hear what someone is saying in another language, translate it all in your head as he is speaking, and write that down before you miss the next important thing. No one would understand my notes expect me.

Part Spanish, part English, part shorthand.

I scheduled an interview with Narávez a few days later to see his mural and hear his message.

I didn't know he didn't speak English until we started talking.

He greeted me with a single kiss on the cheek and then I asked him my first question, in Spanish, which prompted him just start running. He told me about his mural, and had me help him bring over the five or six large canvases to the center of the mural so we could see everything together. He talked me through every single one and I was captivated. It was hard for me, don't get me wrong. I was surrounded by so many distractions like Spanish music in the background, students speaking English together and some weird loud garage door in the FAC that kept opening and closing. I was sweating from the energy it took to focus on just him and understand his words.

Literally sweating.

I could tell he was so excited to share his work and what he is trying to communicate through art with someone who understood what he was saying. He lit up, laughing, smiling, pointing to certain parts of his work while he spoke about it. He doesn't have a translator here like he has had in the past, so the people who actually understand what he is saying verbally are few.

But me, I was able to show him that I understood because of the years of Spanish classes I've taken. I am the only person who writes for the newspaper who would have been able to do the story. No one else could interview him. I was able to make him feel like he was heard and that what he was saying meant something to me.

And it did.

The message behind his art and the choices he makes when painting convey a message that resonates with me so intensely.

He talked about internal peace and confrontation and how people need to look inside themselves and decide what their purpose is instead of constantly looking outward at others with criticism and judgment. How when your body is aligned and you recognize yourself as important you will find happiness and all will fall into place.

This is something that I have been trying to work on. When he explained that was his message, I realized that I didn't just understand his Spanish words, I understood what is most important to him; his art, and by extent, himself.

I still don't know if he knows how much our conversation affected me. I didn't have enough words in Spanish to explain to him just how much I relate to his art and how it changed me. It just makes me want to practice my Spanish even more.

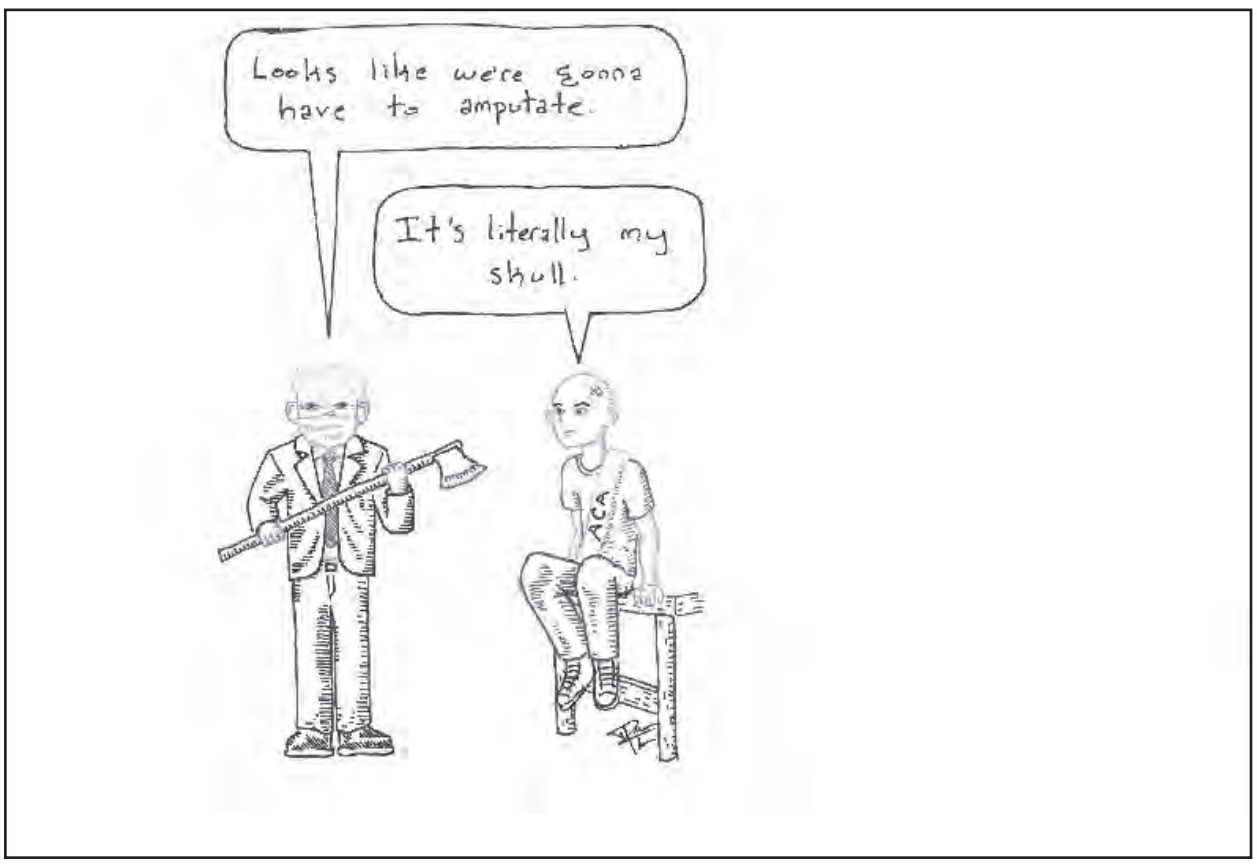
It's crazy how much an inability to communicate can change someone's view of you as a person. How will they ever know who you are if they can't understand when you tell them?

I'll tell you how, and this is exactly how he inspires me. Narváez uses his art to show the world who he is and how he feels no matter what language they speak. Even though we couldn't talk freely, and he can't tell the Castleton community who he is, his art can. I understand why he paints.

And now, I get to use writing, journalism, and my understanding of Spanish to communicate his message to Castleton for him.

I can't tell him how much I appreciate his work and what it means to me, but I can show him by writing these articles. I can show him by sharing his message with all of you. It is an absolute honor and I will never forget it.

- Carly Trombley




# Should we be destroying history?

For years at Castleton, I've studied the words of men who have made impressions on history. I've studied dates and events, the people that influenced them and the things they've written. I realize that I'm very fortunate for my ability to see all sides of history.

This is why I hate to see monuments and statues being defaced, destroyed and sometimes removed by the city it resides in for fear of future conflict. It seems as though we're eager to get rid of the history we have, simply because we can't stand to look at it.

Do the statues need to be removed? Probably.

I understand what a lot of people see in these monuments. They believe that the Civil War was fought over slavery and only slavery. I understand that thinking about this time period makes a lot of people angry, and if not angry, it makes most others feel ashamed of what happened.

With that being said, we can't do things like we have been.

According to the Boston Globe, last month nearly 20 statues and monuments were defaced or even toppled by vandals. Most of them were spray-painted with slogans like, "Black Lives Matter," and a few were hit with hammers and one was even tarred and feathered.

Does anybody see the point in this?

This, to me, is like a sibling playing a movie in your living room that reminds you of a hard time. So instead of telling them to take it out of the common space in your house, you take the movie, paint hateful things on it and then eventually throw it into a woodchipper.

Now your sibling is upset with you because you destroyed their movie that was left in the living room for the family to watch, but you tell them that it's for the best because the movie made you feel bad about the past, ashamed, or someone on Twitter told you to do it.

I know that this analogy is ridiculous, but it's sound. If you see something in a public space that offends you and others similarly, it's your civic duty to bring it to the attention of the town, not to topple it over and destroy it like it's a statue of Saddam Hussein in 2003.

These people who do this don't see the irony of what they're doing. They're so caught up in the moment. They don't understand that while doing what they think is right, they're destroying the statues of people who did what they thought was right at the time. The only difference is that in the future, people aren't going to learn the names of the people who deface statues.

- Zach Castellini-Dow

# Wanting a propaganda-free media

The United States' current political climate is stricken with slander and outrage, as the media urges "he said, she said."

Sadly, the poster child for our division is our president. And whether you like Donald Trump or not, his victory in the 2016 Presidential Election was a direct result of masterful manipulation of the media, both mass and social.

One can hardly expect to be elected into any office without existing within the scope of the public eye. Anything short of the best use of the media would result in a loss in any election. It's as simple as this; if your opponent outplays you, then you lose. But should the media be a tool for elected officials? Should we judge them on their ability to garner support, or on their effectiveness in office?

Beginning in July of this year, the Free Telegraph has been publishing pro-Republican propaganda.

> Ideally, the media would not only be free of bias, it would be free of ulterior motives.

As recently as Aug. 30, there was no information anywhere on the site that could attribute its operations to the Republican Party. However, after an inquiry from The Associated Press, the site now has a disclaimer:

"Paid for by Republican Governors Association."

Somewhat suspiciously, according to the Associated Press, the website was registered through Domains By Proxy — a company that hides the identity of the people behind their domains. Remember, part of playing the game well is remaining in the public eye. The only reason any politician would wish to remain incognito is because they expect outrage in response to their actions. In other words, they're feeling guilty.

In this age of information, we should ask ourselves; is there any moral compass to be considered when using information? Is it ethical for our elected officials to spend taxpayer money on choosing what information be presented to those same taxpayers?

While Donald Trump won marginally in our presidential election, Russia stands accused of using propaganda to sway its results. Facebook has confirmed that they have closed hundreds of fake accounts created by a Russian company with ties to the Kremlin. All told, these fake accounts spent $100,000 on Facebook ads designed to influence public opinion and sway the 2016 election.

Ideally, the media would not only be free of bias, it would be free of ulterior motives. A media with no money flowing in from politicians and no stake in their re-election would be a media which could be trusted to provide information beneficial to the common citizen. In democracy, we all get a say. But how can you help decide something if you haven't been given the information concerning it?

- Donovan Thacker

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# CU nursing students to assist in Honduras

**By Michael Buonocore**
*Castleton Spartan*

Traveling outside of the country to further your experience in your field of study and help out some less fortunate people sounds like a very rewarding and beneficial thing to do, right?

Well, that's exactly what the Castleton Nursing Department will be doing in the spring. On March 5, a few professors and assistants will be traveling to Honduras along with about 30 nursing students to help out a community in need.

"The nursing department gives me great pride, Spartan Pride. The students, faculty and staff know how to think outside themselves, exhibiting all the best qualities of the Castleton Way that I mentioned in my last State of the University speech," said Castleton President Dave Wolk about the effort.

The students say they are excited to help.

"I think it's going to be a really good experience. I went out of the country once when I was 11, so I haven't really experienced much for diversity in other cultures, so it'll be eye-opening," said Rachel Brigham, a junior nursing student who also has a degree in health sciences.

However, this trip is not only focused on helping with health, but with the overall well-being of the people of the town they are visiting.

"We have one day to settle in usually, then we go to a school a couple hours out of where we stay and we do care there for three or four days, and then we're going to be building eco stoves," Brigham said.

Students said going to a country that is suffering with poverty will most likely give them a better outlook on the life they have.

"I think this experience will definitely change the way I look at the world and make me realize how good we have it here. It's going to be a huge eye opener and I think it'll make me want to engage myself into my nursing career even more" said junior nursing student Kinnan Latremore.

Not only will Castleton Nursing students be helping others by taking part in this trip, but they say they'll be also helping themselves with their lives down the road.

"I expect I'll be surprised by how different their culture is, and then when I come back, I'll be happy that I've helped people. That's a huge thing. Obviously as a nurse, I'm mostly going because I want to help. I like the idea of giving care to people that otherwise wouldn't have it. It's sad to think of how many people go without healthcare because they just don't have access to it," Brigham said.

The Castleton Nursing Department will be holding a basket raffle at 11 a.m. on Sept. 23 to support this trip. Located at the Castleton Pavilion, there will be a 50/50 raffle, a basket raffle, and plenty of food and treats.

PHOTOS COURTESY TEGAN WAITE

**Four CU students Jessica Chase, Mikayla Dambrackas, Tegan Waite, Jaime Nolan, left to right, traveled to Kenya to care for children at an orphanage.**

# Healing Kenya one child at a time

**By Sarah Liell**
*Spartan Contributor*

Four Castleton University students spent 10 days of their summer at a children's home 10 miles away from Nyahururu, Kenya.

Three of those students are a part of HEAL: Kenya, a club that supports and fund-raises for the non-profit organization called HEAL: Raising Our World, One Child at a Time. This organization was founded in 2007 by Wagner College graduate and Rutland native, Jennifer Musick Wright.

After taking a trip to an orphanage in Zimbabwe, Wright said she had a desire to continue her work in Africa and help empower and care for the children.

"I was shocked by the appalling conditions I witnessed. It broke my heart to see the children suffering... My dream was to build an orphanage in Kenya where children would be nurtured and given the opportunity to realize their hopes and dreams for the future" said Wright in a recent phone interview.

HEAL's mission is to develop children's homes all over the world. So far, HEAL has developed one children's home and secondary school called the Rapha Community Center. The Rapha children's home cares, feeds, and provides shelter for 45 children while the Rapha Secondary School educates over 80 children from the surrounding villages, according to the organizations web site.

Wright is grateful to have the support of the HEAL: Kenya club at Castleton.

"I love to work with young people who are driven to make a positive impact in the world. The students in HEAL: Kenya have recognized a need in our world, and they are taking action to make a difference for our children in Kenya. Through raising awareness, planning fund-raisers and even volunteering at our children's home, the students in HEAL: Kenya are really making a difference for our children," she said.

Tegan Waite, one of the students to travel to the Rapha Community Center, has been there once before, a year earlier. Upon arriving the second time, she noticed some apparent differences.

"On my first trip, there was lush greenery everywhere, but on my most recent trip the area was brown. All the crops except one were gone and the green grass that was between buildings was no longer there," she said.

This disastrous loss of crops was a direct result of a seven-month long drought that destroyed the Rapha Center's main food sources including maize and bean plants.

The most memorable moment of the trip for Waite was when the skies opened up and it finally rained.

"It was one of those moments that is hard to put into words," said Waite, president of the HEAL Kenya Club.

It was an incredible experience for all. The drought had been long and destroyed most of the crops at the Community Center. The four Castleton students were inside, Waite explained, when it suddenly started to rain and they ran outside and the children followed.

"I'll never forget the way they looked at us when we ran out into the rain, they thought we were crazy but then joined in," said Jessica Chase, another Castleton student who went on the trip.

It was a trip filled with fun and excitement. The four volunteers from Castleton painted faces, colored, set up a library and played with and tutored the children. During this school year, the HEAL: Kenya club plans to keep fund-raising and supporting the HEAL foundation and the Rapha Community Center. The club is

sponsoring a child from the home named Anne. Club members said that she loves to dance and hopes to someday become a journalist. HEAL: Kenya will be providing for Anne's basic needs including food, education and housing. An upcoming fund-raising event is a 5k fun run in Rutland in October.

When told about the club's efforts in Kenya, a senior who asked to remain anonymous said, "Why don't they help the kids in our own community?"

Waite was quick with a response.

"The United States has resources for children that have been displaced or orphaned, such as afterschool programs and foster care. Programs like these are not implemented in Kenya," she said.

HEAL: Kenya also strives to promote positive messages throughout campus and hopes that students join the club for the right reasons.

"Especially in the political climate that we are living in, it's very important that we are not feeding into ideas that put one race or one person from another country above another. When it comes down to it we are all humans. We all are equal," Waite said.

If you would like to join the club or volunteer for the HEAL: Raising our World, One Child at a Time foundation please e-mail Tegan Waite at tmw06300@castleton.edu.

# The man in the red Mazda

**By Cody Collins**
*Spartan Contributor*

You may not know who Noah Repole is, but you surely have heard his car.

His red Mazda that cruises around campus throughout the day and night is causing some controversy within the community.

"I want something fast. Growing up I've always had a passion for sports cars and honestly it wasn't that loud when I bought it," Repole said when asked why his car is so loud.

Castleton senior Shane Hurley, puts his head down and slowly takes off his hat while looking back up when asked his thoughts about Repole's car.

"It's not bothering me enough to ask him to stop but I have been stuck behind him before and that's the worst," he said.

In addition to the loud exhaust, students say Repole's car releases this stench similar of a locker room that hasn't been cleaned for weeks. Hurley's face slightly turned as he was explaining about the smell of his exhaust.

Nearly every morning at roughly 8 a.m., Repole rolls into campus awakening and angering countless people.

"His car wakes me up every morning. I never knew a car could have such a negative effect on the Castleton community," said commuter Ed Doton who lives on Main Street.

Another student over heard the interview and jumped in with fury preaching out of his voice.

"I can honestly hear it coming from a mile away," Owen Tretter said.

Soon a crowd gathered to talk about the hated Mazda. Multiple students are shouting out how much they despise his car and how they wish it would go away.

"Dude, it's so damn annoying!" said Justin Nolan, clenching his teeth while telling the crowd "my morning bull farts sound better than his car."

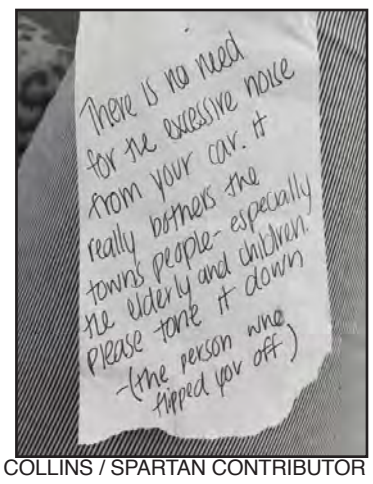
The car has become such a menace on campus even some staff members are speaking up.

"Every time I hear his car I cringe. Why at 8 a.m. do you want to show the world this? There's a time and place for everything," said the staff member who asked not to be named.

On multiple occasions, Repole said he has been flipped off and yelled at. But the students might be even more patient than the community members.

"I got chased down the other day on Main Street from a lady at the local farmers' market," Repole said.

She was franticly chasing him down with a face as red as a ripe tomato. With a wide grin on his face, Repole said the lady left a strongly worded letter complaining about his vehicle.


There is no need for the excessive noise from your car. It really bothers the town's people- especially the elderly and children. Please tone it down
-(the person who flipped you off)

CODY COLLINS / SPARTAN CONTRIBUTOR

**Noah Repole washes off his prized Mazda, left. A strongly worded note was left on Repole's Mazda from a Castleton resident complaining about the noise, right.**

When asked if the sound of his vehicle came manufactured or self-built, he said "I bought the car with an aftermarket cat-back exhaust and then did some slight modifications to it myself," Repole said.

Repole has been contacted with by the police department about potential consequences if he does not silence his car.

"He's a super nice guy. He gave me another chance and I firmly believe we left on a good note," Repole says with an ear to ear smile.

He added, however, that he has received two tickets because of the volume his car produces.

"Originally the plan was to put a muffler on it during the winter time, but now it will come much sooner," he said.

Some students on campus seem to support his right to be loud though. As Repole makes his way around campus, he said he sees just as many people cheering him on as flipping him off.

"Honestly, it's just a car who even cares. My dad has a similar car to his and we have a blast driving around our neighborhood. If you don't like it then oh well," said student Brad Pray.

But because of the amount of attention throughout campus, Repole said he fears that someone will take the fury out on his car.

"Personally, I don't get scared of people touching me, I fear people touching my car. The first thing I would do is go straight to the chief of police," he said.

Then Repole struck a defiant tone.

I'm not hurting anyone.

Don't flip me off.

Don't call the police.

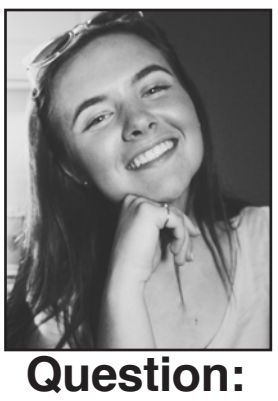
GET USE TO IT! Repole said with attitude.

But Castleton Police Chief Peter Mantello has a different thought.

"He will learn…Trust Me," Mantello said.

# Word on the Street

By Bailey Cummings



**Question:**

**How do you feel about sophomores now being required to live on campus?**

Nate Hinson

**"It's for economic reasons more than anything. On the part of the school, it's probably a good move economically, but it limits the choice of the consumer, which is the student. Who wants that?"**

Erik Andersen

**"A lot of schools have the requirement of underclassmen living on campus. In a city setting, that makes sense but in Castleton, living off campus is part of the freedom of living in a small community. There is a lot of housing around here and it teaches responsibility and time management faster than living on campus."**

Carlie Reen

**"I don't think students should be forced to live in dorms. If they are living in apartments near campus it could be because it is cheaper than living on campus. Also, dorm life is not for everyone so living off campus might be more suitable for them."**

Katie Saunders

**"I feel like they're taking away some of our responsibility and our freedom by making us stay on campus for our second year."**

Rachel Keefer

**"I don't think it's very fair because it is cheaper to live off campus. I feel it will change some people's decision to go here."**

# Giving blood for a variety of reasons

**By Adam Cook**
*Castleton Spartan*

Judy Green moved swiftly from chair to chair, each one seated with a different donor. Before long, her name would again be called out by a person clothed in red and black, drawing her attention to another chair with another donor in it. This process repeated over the course of almost six hours as students, faculty, and community members came forward to donate blood.

On Sept. 18, Castleton University hosted the American Red Cross in the Campus Center. Students, faculty, and community members turned out to donate blood to the organization.

"The turnout has been actually quite good," Green said, who is a collections technician for the Red Cross. "We have sixty-two appointments today. Only about three haven't shown up, and we had three more walk-ins, so that has kept us right where we need to be," she said.

At 1:30 p.m., the Red Cross collected 21 pints of blood, having started at 10:30 that morning. The drive was scheduled to go on until 4:00 that afternoon.

"On average, we'll probably get somewhere between 45 and 50 pints," Green said. "We're aiming for 64."

According to an article posted on the Red Cross website from July 5 2017, there were 61,000 fewer donations in May and June, resulting in a shortage of blood.

"Typically, the summer is always a tough season, because everyone's on vacation," Green said. "We always are at critical need in the summer, but more so now with Irma and Harvey, because those states aren't able to collect blood."

But according to Green, because of two devastating hurricanes Harvey and Irma, the Red Cross has been able to go over their goal on several occasions.

Castleton community members had multiple reasons to give blood that afternoon. According to sophomore Dara Davison, the reason she gave blood was specifically because of her blood type.

"I found that (I have the) second rarest blood type, and that makes me want to give even more," Davison said.

Davison has B- type blood, which according to the Red Cross' website, only 4.4 percent of Americans have. The rarest blood type is AB-, which only 1.6 percent of the population has.

"I'm a nursing student, so I really love doing everything I can," Raegan Kobbe, a sophomore nursing student said. "I've given one time in the past."

Though she has attempted, Kobbe has not been able to donate a few times in the past, and has been turned away because of low iron in her blood.

"I still try every time," she said.

The next blood drive at Castleton University is scheduled for Dec. 20 2017 from 11:00 a.m. to 6:00 p.m. Appointments can be made at redcrossblood.org.

OLIVIA MAHER / CASTLETON SPARTAN

**Red Cross volunteers, students and faculty work together to donate blood.**

# Critters invade homecoming

MATT STEFANOWICZ / SPARTAN CONTRIBUTOR

**Derek Small from Wildlife Encounters shows off two of his stars during homecoming weekend.**

**By Matt Stefanowicz**
*Spartan Contributor*

It's homecoming weekend, and the sweet scents of the beginning of fall start to fill the air.

You can feel the energy on campus as students and their families, alums and faculty they get ready to watch their Spartans play Norwich for the Sap Bucket.

The sweet smell of parking lot barbeque fills the air with dozens of grills sizzling. Surrounding the pavilion are a plethora of activities, from bounce houses to human sized hamster balls.

But looking into the pavilion, you notice a herd of families and students all hovering around a tent labeled "Wildlife Encounters."

In this tent are several exotic animals that many have never seen before: a supersonic screeching cockatoo, an alligator saved by law enforcement from New Hampshire, a normally nocturnal porcupine, an energetic arctic fox and an baby albino reticulated python.

Children are reluctantly creeping up to the cages clutching on the pant leg of their mothers, simply to get a glimpse at these foreign animals.

Wildlife Encounters is a educational organization that helps animals that cannot take care of themselves, whether that be from improperly becoming a house pet or not being able to properly adapt to their natural wildlife setting.

Derek Small, owner and educator of Wildlife Encounters, said the motive of the group is simple.

"Our main goal is to create a harmony between the three most important balances in nature; animals, people, and earth," he said.

The organization travels all over to mostly schools, to help inform others about what they do and how they can help. Animals are often sent from closing zoos and rescue shelters as well.

Small said they do presentations all across New England, but this was their first time at Castleton University.

With the event also came a 45-minute presentation displaying what the organization calls "ambassador animals." The stars of the show were showcased with some of their unique abilities on display.

And while some may have a concern about safety at an event like this with animals normally found in the wild brought to a completely different setting, organizers said they have a bigger concern.

Sydney Small, daughter of Derek Small who also works for the organization said, tried to put it into perspective.

"We always run a risk when bringing the wildlife out of the wild, but we find that humans are more of a danger to the animals than the animals are to us. Usually when someone sees a snake in their backyard for example, their first reaction is to run it over with a lawnmower, when often times the snake itself is just as scared as you," she said.

The event seemed to be a big hit.

"I'm loving this event, it's available for everyone and it's so great to see the campus, meet new people, and see some crazy animals!" said Marsha Sherma, grandmother of a Castleton student.

# They come for the treats, and the deals

**By Jenn Dorr**
*Spartan Contributor*

As customers walked in, a ringing bell filled the cozy café. The comforting atmosphere was punctuated by warm natural wooden walls and inviting scents of maple and hazelnut from the dark-roasted coffee.

Customers sat on shiny vintage chairs while sifting through local newspapers, as they waited for their orders.

"Hey there," a local customer said as she walked toward the counter greeting the co-owner, Bill Hieber. She was picking up her salad order she had placed on the phone earlier.

The Depot Café is just a short walk or drive down Main Street welcoming anyone in search of a delicious indulging treat, with New England Coffee and fresh sandwiches and soups. And it's actually three businesses in one: The Depot Café and Bake Shop, Michelle's Sweet Creations, and Feastivities Catering Service. It has become a fan favorite among many Castleton University faculty and students.

JENN DORR / SPARTAN CONTRIBUTOR

**The Depot Cafe on Main Street has become a favorite among Castleton University students and faculty.**

You can often see Michael Talbott, chair of the Communication Department, walking there in between classes.

"They have great salads and sandwiches … and always have great specials," Talbott said. His favorite is by far the Bacon Apple Cheddar Grilled Cheese, of course on sourdough.

Hieber said that customers like his food, but love the low prices the most.

"The big thing is the breakfast sandwich, with a free small coffee," he said, when asked to name a customer favorite.

Michelle's Sweet Creations makes up the irresistible pastries and treats for the business.

Communication professor Sanjukta Ghosh loves her sweet tooth and Michelle's Sweet Creations are the perfect match for her.

"On my birthday, they knew how much I loved éclairs, so I bought six and they gave me two for free … eight éclairs! I only live five miles from the Depot Café, and by the time I was home I had finished all eight," Ghosh said with a laugh.

"Michelle's Sweet Creations are my favorite, because everyone knows I have an incredible sweet tooth … I'm stuck at the pastry section," Ghosh said, adding that it's a nice walk to get there too.

The Depot Café and Bake Shop is also a great spot for students.

Sabrina Easton, who commutes to Castleton University, visits at least once a week.

"They have really good coffee flavors and prices," Easton said.

Hieber said he hopes to expand the space, and create longer business hours in the future.

The Depot Café and Bake Shop is located at 266 Main St. It is open for customers Monday through Saturday from 7 a.m. to 2 p.m.

# Stoked to be out on the trails

MICHAEL BUONOCORE / CASTLETON SPARTAN

**Pat Goulet tosses his bike sideways on Killington's well-known Cable Trail.**

**By Michael Buonocore**
*Castleton Spartan*

Getting to great mountain bike trails from Castleton is not a hard task; in fact there are many great trails to ride in town.

Castleton alumnus Nate Freund even took it upon himself to carve trails on his own property.

"I wasn't using the land for anything," said Freund.

Freund is a passionate mountain biker, a family man, and a co-owner of two very successful businesses. His first business, which he opened very soon after he graduated Castleton is the well known Sushi Yoshi restaurant, which has locations in Killington and Stowe, Vermont, and Lake George, New York.

"We like building the trails just as much as we like riding them," Freund said.

He does a lot of work on the trails himself with his mini CAT excavator, but when he needs extra help he calls up his friends who are also passionate mountain bikers.

Being married with two kids, riding in his back yard is also very convenient.

"It's just easier," Freund said. "I can run out of the house quickly and squeeze in a quick ride without having to drive to Rutland up to Killington."

And his kids are also riders, so they love these trails in their back yard and it also makes bringing them out to ride much easier, he said.

"Bringing the kids up to Killington to ride for a day is a big process, so having trails that they can ride in the back yard is really nice," he said.

Current Castleton students like to get outside and ride their bikes too.

"A very important part of my day is getting outside, taking a break from school work, exercising, and breathing fresh air," said senior Patrick Goulet. "It's hard not to smile when going down a hill at high speeds on a bike."

Goulet isn't the only Castleton student who is in to mountain biking.

"I believe that the community of mountain bikers is what made me love the sport. The more time I spent out on the trails by my house, the more I wanted to be involved with the laid-back, yet fast-paced lifestyle that goes along with mountain biking. I have made my best friends while climbing grueling mountains and ripping down single track," said senior Keara Kresser.

Kresser is a Vermont native from East Burke, and area known around the world for mountain biking. East Burke features a vast network of trails known as the Kingdom Trails. These trails have won many awards because of the high quality of riding they offer. Kresser works at Kingdom trails, serving many roles ranging from working in the welcome center to being an instructor at the kids' camps.

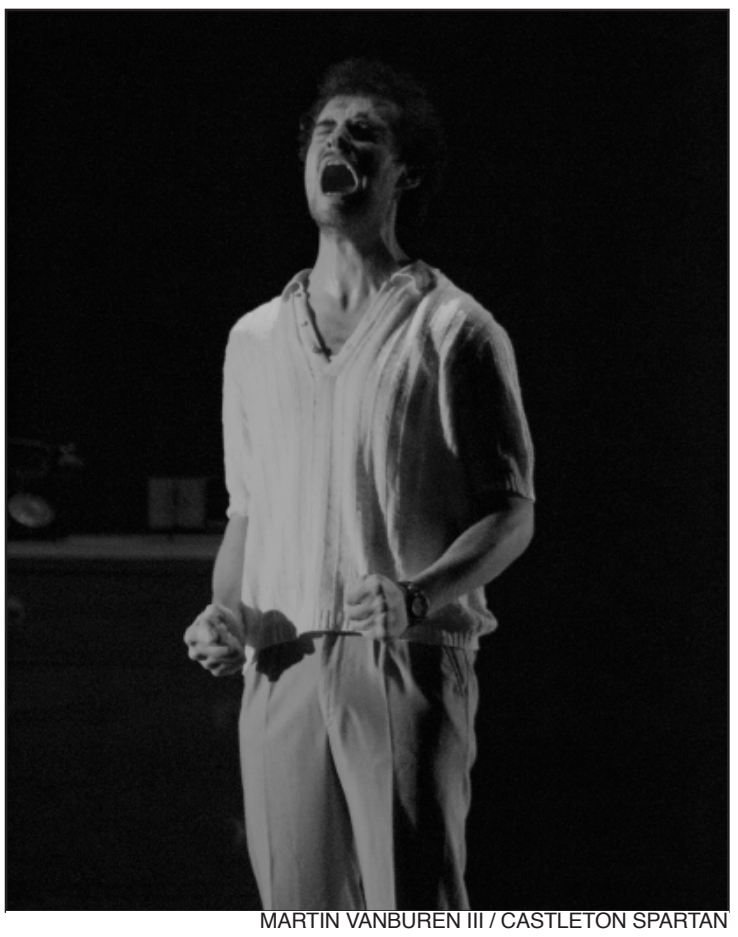
For Castleton students, if they can get their hands on any sort of mountain bike, there are many trails in the surrounding area. Two trail centers close by are located at Pine Hill Park in the same parking lot as the Giorgetti Arena, and the Slate Valley Trails in Poultney.

# 'Rhinoceros' still relevant

**By Martin VanBuren III**
*Castleton Spartan*

MARTIN VANBUREN III / CASTLETON SPARTAN

**The sound of a rhinoceros stampede diverts the attention of Tess Webber (Daisy) and Garret Robin (Berenger).**



MARTIN VANBUREN III / CASTLETON SPARTAN

**Garret Robin (Berenger) attempts to channel his inner rhinoceros.**

If you left Castleton's performance of Eugène Ionesco's *Rhinoceros* and you were very confused, I don't blame you. I was too. But then I went and saw the show again, and it made more sense the second time around. However, I suppose another main factor that caused confusion was the amount of phone usage and talking from audience members. Really making us proud, Castleton.

In case you didn't know, the show was written in 1959 and can be considered a response to the upsurge of Nazism and Fascism post WWII, which explains the explicit themes of conformity in the show. Sure, it was a bit confusing, but the show wasn't without its humorous moments.

Such as the scene when the Logician, played by Thomas Tifft, is explaining the correct way to pose the question they are seeking an answer for. Starting with Berenger, played by Garret Robin who executes perfect comedic timing alongside his fellow cast members as they play musical chairs with themselves around the stage. You had to see it to know what I'm talking about.

One thing that caught my attention during the performance was one line that was always followed by the same action. "I will not stand for this," was always followed by the individual standing up as they voiced their line. A few audience members caught onto it pretty quick and snickered through the whole show.

Laughter erupted following the "flattening" of a cat and the reveal (which was pulled from offstage from a very clever and covert position). Poor puss.

Let's talk about acting for a moment.

I should start off by saying that I have never seen Nathaniel Hinson, who played Jean, perform in Casella before, but I can say he's no rookie. His performance of Jean was fierce and to the point; and there were moments where I said to myself "He could definitely do a Ted Talk," just based off of his stage presence.

Garret Robin, who portrayed Bérenger, knocked my socks off as usual, and I have to note that his adaptability in the past few shows that I have seen him in has impressed me the most. I've seen him portray Mercutio in *Romeo and Juliet*, Richard in *Fuddy Meers*, and now Bérenger. Three characters that differ in character traits and performances.

While we're on the subject of adaptability, I would also like to note that the last time I saw Tess Webber on stage as a main character was for her portrayal of Jessica in *Hand to God*, and that was for a younger role in comparison. Hats off to you.

There were a few things that may have flown under the audience's radar if they weren't playing close attention to detail. For starters, a considerable number of cast members were wearing some sort of green in the show, which meshes perfectly to the sea of green light that illuminates the second half of the show. In regards to hair, Kit Hudson, who portrayed Dudard, had hair that swept upwards like a -- you guessed it -- Rhinoceros horn.

One of the coolest aspects of the show was the integration of a second perspective (arguably the Rhinoceros' perspective) through the eyes of a camera lens. It's definitely in my top 5 for most innovative methods used during a Castleton performance. Another that may land itself on the same list was the utilization of Rhinoceros paper and light puppets/projections used near the conclusion of the show.

Upon my first screening of the show during their final dress rehearsal, I was given a little inside information regarding the sound design of the show, which was structured around two vital pieces of sound: the Rhinoceros' trumpeting, and the stampede/walking. When I first heard them, I assumed the trumpeting and stampeding were both sound clips taken from somewhere else. But after a little bird, *cough cough* Sound Designer Matt Eckler, let me know that the sounds were all made at home with a trumpet and a drum set, I was floored. Literally. You can ask Matt; I sat on the ground for a good chunk of the rehearsal.

With all of this being said, the show had its pitfalls. For starters, actors that I have seen perform in previous performances have not adapted or changed their style or delivery of acting. I saw characters being portrayed the same way as previous performances. This left me feeling a little uninterested at times, and I knew exactly what to expect from some people.

In addition to this, the quality of the performances from the supporting cast were lackluster in comparison to the main characters.

Some of you killed it. Others... might just need some more stage time. Maybe you were just as confused as the audience.

I'll see you at the next show. Blast my socks off.

MARTIN VANBUREN III / CASTLETON SPARTAN

**A dust cloud forms after a rhinoceros meets a wooden staircase.**

## Fresh perspective:

# From 'tourist-trap' to college-town

**By Brendan Crowley**
*Castleton Spartan*

Before I left home, I took one last look at the salty water that I knew I would come to miss. I said goodbye to my friends and family, knowing that I would not see them for five weeks. I thought to myself, "will my cat even be alive when I get back?"

"Tomorrow" was the day that my parents and I (along with my six tons of luggage) packed into two cars for the drive to a small town in Vermont, five hours from my home. I couldn't tell if I was excited or nervous for about three weeks. And now that the day had finally come, my mind was completely jumbled.

Now, I find myself three weeks into my time here at Castleton.

I feel lucky to say that my transition has been generally easy. The workload is not as much as I expected, I've made some great friends, and I must add that it is very nice to have relatives about five minutes down the road in Bomoseen. However, I do miss home. And I really miss my family and friends (and my cat who is still alive as of now.)

In fact, the biggest transition I've experienced over these few weeks is the change in setting. My hometown is much different than this town of Castleton. I come from Pawcatuck, a small village in Stonington, Connecticut in the Southeast corner of the state. It is home to one of the oldest Thanksgiving Day high school football rivalries in the country. Seriously, look it up on Wikipedia, scroll down a lot and you'll see "Stonington vs. Westerly." I'm also 20 minutes away from Rhode Island's beaches, which is certainly a major sacrifice when leaving for Vermont.

My town is also a tourist trap. AKA, in the summertime, it is super busy. A small town plus thousands of tourists is never a good sum. There are small businesses and shops everywhere, many neighborhoods filled with nice houses, and of course, the beach.

In Castleton, there's about three houses. And they're all college houses. Okay, maybe that's exaggerated, but that's what it's like compared to Pawcatuck. There are trees everywhere. It's shocking to me that I can turn onto a different street and not have to wait five minutes every time. There's diners, which is crazy. I never thought I'd see grocery stores that sell liquor. I didn't know that a bumper sticker could be so important. And most importantly, what the hell is a "creemee?"

I love Vermont, and I love Castleton. I feel like I fit right into this community. It was weird at first, especially when it seemed like almost everyone knew someone from high school except me. It's just such a different atmosphere. Nevertheless, It's the perfect home away from home. But let this be clear, I will ALWAYS call it soft serve.

PHOTO PROVIDED BY MARY DROEGE

**Mary Droege, far right, organizes a vigil in light of events in Charlottsville.**

# Castleton Indivisible group and Generation Action collaborate

*Contiinued from page 1*

In order to spark more student interest, Droege reached out to Sarah Liell, a sophomore at Castleton and president of the Generation Action Student Voice of Planned Parenthood Club on campus, to propose a collaboration.

"I'm really excited for a group like this to get more student attention, because I think it's really important to have a group on campus that looks at social justice issues," said Liell, also mentioning how her group and Indivisible have "values and ideals that aligned."

Liell first heard about Castleton Indivisible because of a candlelight vigil the group held in response to the White Supremacist Rallies in Charlottesville, Virginia. Thirty-five people attended the event, including Droege.

"It was really heartwarming, and what was really cool is it was all walks of life in Castleton," Droege said, adding that the attendees were all ages and ranged from town residents to people who just happened to be vacationing on the lake.

Castleton Indivisible has members from all around Rutland County, including Castleton, Rutland, Shrewsbury, Poultney, West Haven and Pittsford. However, Droege continues to encourage more college students to get involved.

"I think it's easy to feel like what you do does not make a difference, and I think a lot of students feel that way," she said. "If I could wave a magic wand and say one thing it would be 'believe that you can make a difference,' because collectively when we work together, we can be quite powerful."

Castleton Indivisible meets once a month at numerous locations around the area and is open to everyone who has a desire to work with others to strengthen our democracy. For more information, you can contact Castleton Indivisible at castletonindivisible@gmail.com.

Droege referenced a quote that stood out to her from Jana Stanfield, a musical artist.

"You cannot do all the good that the world needs. But the world needs all the good you can do."

# Residential change on campus could improve academics

*Continued from page 1*

Director of Residence Life Michael Robilotto thinks the new policy is a step forward in the right direction and will benefit students academically as well as preparing them for independence in the future.

"A majority of our sophomores live on campus anyway, so we know that sophomores living on campus do better academically. Then they can decide to live off campus their junior or senior year when they're fully adjusted to being at college," Robilotto said.

He said that the Rutland apartments give students the luxury and freedom of living off campus, with the safety and resources of being on campus.

Thirty-seven Castleton freshman were screened on their thoughts about the new policy and the results were not shocking.

Of the 37 freshman students, 33 disagreed with the policy while only four agreed. A total of 14 freshman had plans to live off campus, and only one plans to commute from home.

Alyssa Saunders is one of the few students screened who agrees with the new policy.

"I think a huge part of college is living where you go to school," Saunders said. "I definitely think living off campus can affect your grades in a negative way."

Shane Centerbar, on the other hand, believes that college students are adults who are capable of keeping track of their own school work, and living off campus shouldn't affect that.

"I think that if you are really here to learn and make a name and living for your future self, then you should have no problem getting your stuff done," Centerbar said.

Kati Larocque planned to live on campus for the duration of her four years at Castleton, and agrees with Saunders that living off campus can affect your academic performance.

"I agree with this policy. I think that it helps with the socialization aspect! Being off campus could affect you in a negative way and the levels of procrastination would increase," Larocque said.

Mariah Jollie thinks students shouldn't be forced to live somewhere against their will. "I don't agree with it. Tuition can cost a lot of money that many Vermonters don't have," Jollie said.

Jollie had plans to live off campus with her teammates next year, but team houses count as off campus, so now she's reconsidering.

"It is something I wanted to decide with my fellow teammates. I would like to have the freedom to decide whether I live on or off campus," Jollie said.

# Presidential search results in successful recomendation

*Continued from page 1*

Sicinolfi said that he envisioned implementing more experiential learning through internships, practicums and clinical programs. He also talked about how he would like to create more relevant graduate programs.

In a separate interview, geography professor Scott Roper said that he thought the events the search committee put together were well organized and informative.

"If we could combine all three of them we might have the perfect candidate,"

Roper said when asked which candidate he preferred.

Search committee member and Faculty Assembly Chairman Andre Fleche said he thought having the candidates on campus was a success. He said they all had something different they could bring to our campus.

"I think it went very well. The campus community really appreciated the time that they were able to spend with the candidates and I think we got to know them a lot better," Fleche said.

# CU hosts white cane celebration

Castleton will celebrate this year's 53rd annual White Cane Safety Awareness Day on Oct. 13 at the Castleton University Campus Center 1787 Room.

The white cane is a symbol of strength and independence for blind and visually impaired people. This year's celebration, which begins at 11:30 a.m., will include an experiential walk.

Participants will be able to use the white cane as they walk through Castleton University Campus, learning first-hand what it is like to make their way in the world as a blind or visually-impaired person. The walk will be followed by a reception in the 1787 Room of the Campus Center.

# Homecoming weekend via pics

Photos by Olivia Maher

# Mini golf brings major fun to the library

**By Tim Brosnan**
*Spartan Contributor*

This past weekend was homecoming for Castleton University, which meant several alumni events and student-family activities taking place around campus.

Perhaps the most interesting, however, was an 18-hole mini golf course set up throughout the campus library.

Before the event, Library Director Jami Yazdani, said she hoped the event would be fun, and informative.

"The hope is that the library can become more of a destination than a stop for students, families, and alumni this weekend. We're happy to host a cool event and have alumni and their families come have fun and hopefully see what the library has to offer," she said.

About halfway through the course it was clear that the envisioned result was being accomplished. Not only were alumni, family, and current students all enjoying the course; they were getting a good feel for the library as well.

The course stretched all the way around the library. It started upstairs with four holes winding around several bookshelves. A fun transition hole was even incorporated on the staircase, probably intended to provide players with an easy hole in one (although some managed not to).

Downstairs, the course weaved through tables, more shelves, and several obstacles like stools and toy snakes.

Several people, including children accompanied by their families could be seen and heard laughing, botching putts off the course, candidly playing them as lie, and excitedly reading aloud the names of books and magazines that they found interesting as they passed them by.

The course ended with a surprise 19th hole that, as long as you shot a hole in one, awarded you with a free stuffed animal.

Yet, holes in one on this challenging but fun course were not exactly easy to come by. However, whenever one was made, it was clear by the ecstatic outbursts in a library that is otherwise quiet.

"MOMMY MADE A HOLE IN ONE!" shouted an unidentified toddler in the distance.

All in all, the final result and initial goal of the course seemed to match up in the end. A few Castleton freshman guys were enjoying the course and said it was actually an educational process.

"I learned where the fiction section is, which is good because I like fiction and I didn't know where it was before," said Alden Krawczyk.

"There are actually way more books than I thought," said Alex Blaiklock. "It definitely turned the library into a more fun and friendly environment for me. I hope they do this next year."

TIM BROSNAN / SPARTAN CONTRIBUTOR

**The library staff sets up a golf course to attract families on homecoming weekend.**

# Artist shows his style in mural for Castleton

*Continued from page 1*

"Our mistakes are what show how authentic we are as people."

He said his art could only improve after he improved as a person.

"Everything is a process," Narváez said, "like art, life will be ugly before it is something beautiful."

Narváez uses a lot of different colors in his works, including the mural he is painting for Castleton. That's part of the cultural identity of Perú, he said. The people there, especially women, wear very bright colors.

"I interpret, I don't copy," he said. "I identify an object and then I add a little of me. Life, for me, is color."

According to Narváez, he paints to communicate with people who he is and what he believes in. Although he paints mainly architecture, his paintings always have a personal message relevant to humans.

"I really hope the students appreciate it. I think especially in winter after we get over that initial burst of the beauty of the snow and it starts to feel monochromatic and dreary outside, this mural will be an enduring burst of color," Green said.

Asked how he feels about the fact that not all will be able to understand the message of his art, he turned and faced a set of stairs and pointed before he spoke.

"Let's say I am on the fourth step from the bottom," he said, "Some people are on the top step and some people are on the bottom step. It makes sense that the people on the bottom step would only be able to understand those who are also on the bottom step. And it makes sense that I would only be able to communicate with those on my step," he said.

By that, he means that only those who are on the same level as he emotionally, and mentally will be able to understand what he is trying to say through his paintings.

Along with the mural, Narváez also painted several smaller, but still large, paintings of Castleton architecture that will live on campus too. All of these have mandalas, which is a geometric figure representing the universe, and many of them have the same message.

One of his paintings was two versions of The Old Chapel on campus facing each other, with a mandala in the background.

"This represents internal confrontation, and the mandala represents the peace that comes from internal evaluation," Narváez said. "People look too much outside themselves criticizing other people and wondering, 'why is this person wearing that?' and 'why did this person do that,' when really we should be asking ourselves, 'why am I at university?' and 'why am I studying this?,' and 'what is my purpose here in this world.'"

According to Narváez and the message he tries to convey through his paintings, only when people look inside themselves and have that internal confrontation does peace and harmony come for you, which you will then be able to share with others positively.

"This life is the only one, so we shouldn't hate," he said. "We must find what is important and then there will be harmony. We love ourselves and despite politics, religion, we should love all just as brothers."

Although his art has changed over the years to reflect how he changes and feels and what is going on in his life, now he uses it to communicate his message of positivity to the world, and now to Castleton.

According to art professor Oliver Schemm, Narvaez' work is being paid for from donations primarily from Fred and Jennifer Bagley, alumni Lauren A. Lovell, Bob Gibson and Ted and Martha Molnar, Myrmidon Consulting LLC, and Sherwin Williams Paint Store."

"This was all funded by donations," he said.

# The home stretch

**By Dylan Blowers**
*Castleton Spartan*

Home runs being hit at a record pace, Chris Sale reaching a historic strikeout mark an the reigning American League Champion Indians getting hot at just the right time. These were highlights from the 2017 MLB regular season.

The American League seems to be dominated by two teams – the Astros and Indians. Both have clinched their divisions and hold the top-two seeds as of right now. Boston will hold off the young Yankees for the AL East title, and Judge, Gary Sanchez and company will end up hosting the Twins in the AL Wild Card game. By the time you read this the Dodgers will have locked up the AL West crown, beating out Arizona and Colorado. Washington has clinched their division, and the Cubs will win the Central. Rockies and Diamondbacks, led by Paul Goldschmidt and Nolan Arenado, will face off in the NL Wild Card game.

If first half Aaron Judge (.329 BA, 1.139 OPS, 30 home runs and 66 RBIs) had showed up the second half, he would be the easy lock for AL MVP. He's still the Rookie of the Year. But the award will be hard to take away from Jose Altuve. He's got the stats (.346 BA, 104 runs and 24 home runs) and team success. When it comes to AL Cy Young, it comes down to whether you want someone who's been consistently great all year and has recently gotten hot. The first AL pitcher since 1999 to reach 300 strikeouts in Chris Sale? Or someone who has been even better for the last four months in Corey Kluber? I'll give the nod to Sale for consistency.

Clayton Kershaw will edge Max Scherzer in the NL Cy Young race. NL MVP is tough however. Should Stanton, who has is nearing 60 home runs; win despite the Marlins struggles? Or should it go to other worthy candidates playing for playoff contenders like Zimmerman, Goldschmidt and Arenado? I'm going with Goldschmidt.

With Cleveland surging and coming together at just the right time – fresh off an AL record 22-game win streak – I don't see anyone from the AL beating them this October. But Cleveland, will be heartbroken for the second straight October, as Kershaw, Bellinger, Yu Darvish and company will bring the title to Los Angeles.

OLIVIA MAHER / CASTELTON SPARTAN

**Junior Running back, Moe Harris, runs into the endzone untouched for the first of four Spartan touchdowns.**

# Bring back the bucket

## Castleton claims third sap bucket trophy in four years

**By Tim Brosnan**
*Castleton Spartan*

This past homecoming weekend saw Castleton reclaim the Sap Bucket trophy by defeating Norwich 28-14 in the Maple Sugar Bowl at Spartan Stadium.

It was no secret both teams were desperate for a victory both entering the matchup with identical 0-2 records. The game was expected to be a battle.

"It is always a tough game against them," said Castleton head coach, Tony Volpone beforehand.

But don't let the final score fool you; this was a dominating victory by the Spartans.

While preparing to face the Cadets, Volpone stressed the importance of defense.

"We need to stop their running game and force them to throw the football, we have to get them behind the sticks." he said, "We also must stop or contain? their quarterback from running the football because he makes plays with his feet."

The proof was in the pudding and things seemed to go according to plan for the Spartans.

No player for Norwich, with more than two rushing attempts, averaged more than 2.6 yards per carry all day. Connor Bourque was the Cadets leading rusher with 37 yards on 14 carries with a touchdown. Cadets starting quarterback Phillip Bazinet finished the game with 8 rushes for just 12 yards averaging 1.5 yards per carry. The 'force them to throw' approach worked beautifully as Bazinet completed only 4 out of 15 pass attempts for a completion percentage of just 26 percent with zero touchdowns and one interception. Matthew Chaffee took snaps in the fourth quarter for the cadets completing 8 out of 24 pass attempts for 148 yards and one touchdown.

Volpone also shared the key points he wanted the Spartans to emphasize on the offensive side of the ball.

"We need to sustain drives and finish when we are in the red zone. We can't turn the ball over and give them a short field. We have to create opportunities within the special teams as well," he said.

Once again, things went swimmingly. The Spartans converted every time they entered the red zone capitalizing 4 times and finished with zero turnovers, while adding a blocked punt [on special teams] early in the second quarter.

The momentum seemed to be with Castleton right out of the gate. After a quick three and out by the Spartan defense, no time was wasted getting the ball in the end zone.

The Spartans opening drive was highlighted by a 41-yard run on the first play from scrimmage from senior running back, Moe Harris, who shined as usual. Harris churned out 149 yards averaging 4.3 yards per carry on 35 attempts. He also snatched one pass for 16 yards and threw a pass for an 11-yard gain. The opening drive also featured a key fourth down conversion.

OLIVIA MAHER / CASTLETON SPARTAN

**Jermaine Coggins completes a pass from Mitch Carron in the Maple Sugar Bowl on Sept. 23.**

On fourth and five, junior quarterback Mitch Caron delivered a perfect pass to sophomore wideout Jermaine Coggins for a gain of 24 yards. Harris capped off the drive with a three-yard touchdown run, and the Spartans never looked back.

The Cadets struggled to find a rhythm offensively. The very next possession for the Cadets ended abruptly after Spartan freshman, Zak Pollicino, intercepted one of Bazinet's passes on third down.

After several scoreless possessions, Norwich seemed to catch a break on a 46-yard gain through the air. However, they failed to translate it into points as Castleton's special teams blocked what would have been a 27-yard field goal.

A few drives later, the Spartans increased their lead to 14-0 with an 11-yard hookup by Mitch Caron to Jermaine Coggins.

"It was one of the best feelings of my life to actually score a touchdown, and have a good performance in the Sap Bucket as a sophomore. I'm thanking the man upstairs." Coggins said about scoring his first collegiate touchdown.

Shortly after, a Cadets three and out resulted in a long Spartan drive. A one-yard touchdown run from Mitch Caron capped off an eight play, 70 yard drive just before the half.

While Spartan Stadium erupted with excitement, the Cadets jogged back to the locker room at halftime with their heads hung low down 21-0.

The Spartans mostly took a conservative approach by running the ball in the second half to kill the clock and sit on their 21-0 lead. After a Norwich fumble, Harris was able to punch it in from the one yard line and increase Castleton's lead to 28 with 5 minutes left in the game.

The Cadets managed to score two quick touchdowns against the Spartan's second team defense in the final minutes of the fourth quarter to spoil what looked like a shutout. But by then, the game was already out of reach.

Afterwards, fans, families, and alumni flooded the field to congratulate players and coaches on reclaiming the Sap Bucket trophy. Castleton improves 4-2 in the last six Maple Sugar Bowl games and has a 4-5 record all time.

When asked what it meant to bring the Sap Bucket back to Castleton, senior linebacker Shane Hurley said, "It means the world to me. I'm very grateful to have an outstanding supporting cast, and I'm blessed to be a part of this team."

"It was a lot of hard work by players and coaches," [he] Volpone said as he kissed his son, "It is an experience to be shared by not just players and alumni, but by everyone in the community."

# CU grad Bart Moran finds playing career in Iceland

**By Brendan Crowley**
*Castleton Spartan*

When asked if he could pronounce his new team's name, the answer was a shocking yes.

Bart Moran, former co-captain of the Castleton men's hockey team and 2017 graduate, has signed a professional hockey contract with the Skautafelag Akureyrar of the Icelandic Hockey League.

After Moran graduated last year, he knew that he wanted to continue playing hockey overseas. He wanted to experience a different culture while playing the game he loves. He expressed his interest to his head coach, Bill Silengo, who used his connections to ultimately set up Moran with an agent.

There were initial offers from a couple of teams in France, but both of those teams retracted their offers. Moran thought that he would have to retire before his career even started.

Then an offer was extended from a team in Iceland.

"I had actually thought that playing overseas wasn't going to happen, but then this contract came up out of the blue," explained Moran. "Contract talks were pretty straight forward, everything was fair so there wasn't even much negotiation."

Moran left his hometown of Calgary on Sept. 18 and arrived the in Iceland the next day.

His first game was that night.

The Icelandic Hockey League is a very small league consisting of only seven teams and only located in Iceland. There are mostly Icelandic players with some imports, mainly from Scandinavian countries. Luckily for Moran, he was told that everyone in Iceland knows how to speak English. The Akureyrars have won 17 championships and are arch rivals with the Skautafelag Reykjavikur.

Since Moran is in a European hockey league, the style of play is a little different than what we are used to in the NHL. The season consists of only 25 games, and the games are less physical. The rinks are international sized, so the players are more dependent on speed than physicality.

Moran is upset by the fewer number of games in a season, but said he is excited for the competition.

"One of my favorite parts of any sport is being able to build up a rivalry and have competition with the same opponents. I find that's when it gets intense and fun," he said.

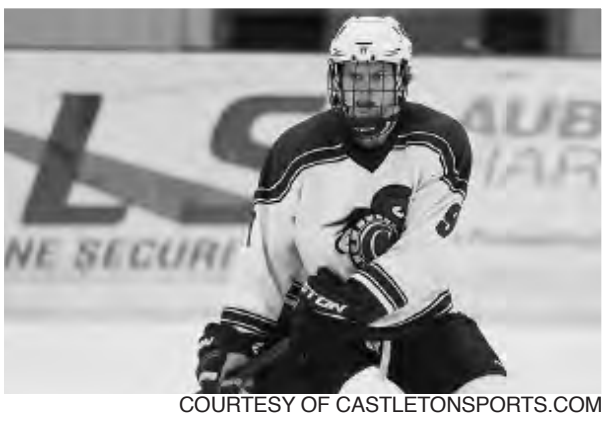
Second-year head coach Bill Silengo described Moran as the ultimate competitor.

"He put in a lot of work and (going overseas) was something he really wanted to do. One of the hardest working kids I've ever seen. Really good leader, the guys followed him. He was a great captain here and he deserved it," Silengo continued. "Any time we needed a big goal or we needed a big hit, you could always count on him."

A former teammate, co-captain Ryan Mulder, also praised Moran.

"He has worked hard to reach the pro hockey and I know he'll have success there… I know he'll represent Castleton hockey with the best of his abilities," he said.

Moran ended his career at Castleton with a bang. In his senior season, he recorded a team-leading 10 goals along with seven assists. His numbers included eight power-play goals, which was third in Division III. He was a co-captain, and he was named to the NEHC All-Academic Team. Moran finished his career with the third most games played in Spartan history (103), along with 26 goals, 25 assists, and 12 power-play goals.



COURTESY OF CASTLETONSPORTS.COM

**CU grad, Bart Moran takes his talents to Iceland.**

"Definitely excited to get over there and start playing hockey. I know the landscape is very unique and I love being outdoors so I'm looking forward to explore the nature there," he said before he left.

After making an impact on the men's hockey team here at Castleton, he hopes to make an impact in the pros.

And his message for this year's Castleton team is simple: "Enjoy it and have fun. Oh, and also win."

# Spartans sweep weekend versus Chargers and Hawks

ROBBY PEREAU / CASTLETON SPARTAN

**Eloise Donner lunges at a Colby-Sawyer defender in a game on Sept. 23.**

**By Robby Pereau**
*Castleton Spartan*

On Saturday, Sept. 23, three goals in the second half by Emily Lowell, Mariah Linnett and Casey Traill spurred the Castleton Spartans to victory over the Colby-Sawyer Chargers, 3-1, in their North Atlantic Conference home opener at Spartan Stadium.

To open the game, Colby-Sawyer came out fast and furious, attacking the Spartans defense. Castleton could not convert on two fast break opportunities heading into the half. With an early goal from the Chargers, Castleton went into the first half down 1-0.

The Spartans didn't let the heat get the best of them though, coming out firing on all cylinders to start the second half.

Lowell scored her team-leading sixth goal of the season on a penalty shot that resulted from a scrum in front of the goal. She sent it past the Chargers keeper high and to the left to get the scoring started for the green and white.

Spartan head coach Jessica Kischko stated after the game that "the heat leveled the playing field," and allowed her girls to take advantage of shot opportunities in the second half.

One day after the big win against Colby-Sawyer, Castleton returned home to face Becker in a non-conference matchup beating them easily, 10-0.

The Spartans wasted no time jumping out to a 7-0 first-half lead, including two goals a piece from Cydney Jeffrey and Allison Lowell. The second half was much of the same as Castleton continued to dominate Becker on both sides of the ball.

Traill notched another goal in the second half. She ended the game with two goals as well, as the Spartans finished with 10 total goals, the most scored by the team in over a year.

Both teams took multiple water breaks to try and combat the late September heat, which reached upwards of 90 degrees at Spartan stadium. Leah Holland and Mikayla Hull split time in the cage, making one save combined in 70 minutes of playing time. Kischko talked with her team before the game about coming out strong early and that is exactly what the Spartans did.

"When multiple of our girls score, it makes us more of an overall threat," said Kischko." It was a huge week for us, to roll over after RPI and play like we did. We deserved it and we showed great hustle."

Leah Holland and Mikayla Hull split time in the cage, making one save combined in 70 minutes of playing time.

Field hockey returns to action for an important conference matchup travelling to the University of Maine at Farmington at 11 a.m. on Saturday Sept. 30.

# Van Gundy, Werner highlight 2017 HOF class

**By Jac Culpo**
*Castleton Spartan*

The pavilion was packed full on Saturday morning of homecoming weekend as Castleton University inducted four new members into its hall of fame. The excitement was so strong you could probably hear the chatter and laughter from the crowd all the way in Glenbrook.

Four Castleton greats: soccer standout Erin Zapata '06, baseball record holder Chad Phillips '05, basketball coach Stan Van Gundy, and soccer-softball coach John Werner are now immortalized in CU's Hall of Fame room.

And while Van Gundy, current coach of the NBA's Detroit Pistons, was clearly the focal point for many, it was Werner – who is battling cancer – that may have left the biggest impact.

He talked about how he ended up at Castleton and about his cancer awareness motto LINAO (Losing Is Not An Option). This motto can be found on bumper stickers online and all proceeds go to cancer awareness and research.

"I'm tremendously honored today. I'm a proud Oneonta Red Dragon, I'm a proud Arlington Eagle, and especially today I'm a very proud Castleton Spartan," he said, choking up with emotion.

As he left the podium the crowd gave him a standing ovation.

Brunch was served compliments of Huden Dining Hall and everyone was chatting and socializing before the speakers were called up.

Head women's soccer coach Chris Chapdelaine kicked things off by introducing Zapata, who had an illustrious career here at CU capped off by the women's team's first ever NCAA tournament bid during her senior year.

Zapata kept her speech short, thanking her friends and family. In an interview after the event she discussed one of her most fond memories of CU.

"There was one night where we snuck onto the field and we did a power hour on the soccer field, like in the middle of the night, just like a few of us from the team," she said.

For those who are unaware, a power hour is a drinking game friends can play together –and she assured all were over 21 when they played.

Zapata, now married with two children, is a home-care medical social worker. She still remains involved with soccer though, both as a youth coach and playing in adult leagues.

Ted Shipley, head baseball coach, introduced the next inductee, Chad Phillips. Phillips holds several records including both single season and career home run records. He was named 2004 NAC Player of the Year and finished his career with a .357 batting average.

Baseball hasn't been a big part of his life since leaving Castleton, though. To begin his speech, he even mentioned how he hadn't thought about baseball in a number of years. He currently produces maple syrup with his father and runs his property maintenance business in the summer.

To introduce Werner, Castleton President Dave Wolk was called up to speak. Werner was a long-time men's soccer coach here on campus. He led the team to a .597 winning percentage including two NAC Tournament titles and two NAC Coach of the Year awards. He also coached the softball team for three seasons starting in 2009.

Van Gundy was last, and one of his former players, Chrispin White, was there to introduce him. Van Gundy, despite only coaching for three seasons, is one of the most successful coaches in school history. He led the team to a Mayflower Conference Title and the final of the NAIA District 5 playoffs. That team raked in so many wins it finished with the second-best record in all of D3 hoops that year.

Despite Van Gundy's success, he was humble in his speech and gave a fair amount of credit to the previous head coaches, stating how many of the players on his teams were recruited by the previous coaches.

"I watched 30 minutes of a pick-up game and I said, holy shit," he said. "We're good."

Since leaving Castleton he has had several college coaching positions. He has also had some professional coaching jobs with the Miami Heat, Orlando Magic, and currently the Detroit Pistons and while many would assume his favorite coaching experiences and teams would be in the NBA, he says Castleton is his favorite team he's coached.

His love of Castleton, as a town and university, exuded in every aspect of his speech.

"I think that what makes this place special, when I was here in the eighties, was the heart," he said. "There was a heart and soul to this place."

When the induction ended, the chatter started up again. The four inductees got their plaques and a quick group photo was snapped. Otherwise they were caught up in conversations with old friends or fans. At the end of the day though, everyone went home with a full stomach and probably a picture with Stan V

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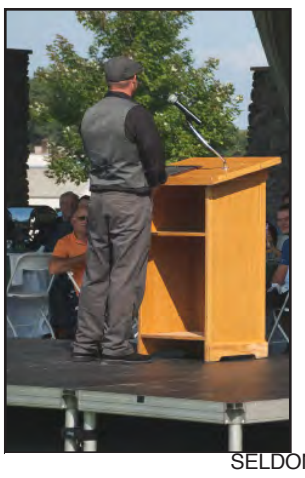
SELDON HILL / CASTLETON SPARTAN

**David Wolk congratulates John Werner before Werner's Hall of Fame induction speech.**

SELDON HILL / CASTLETON SPARTAN

**Chrispin White sits with former basketball coach at Castelton, Stan Van Gundy. Van Gundy coached at Castleton from 1983-86.**



SELDON HILL / CASTLETON SPARTAN

**Chad Phillips and Erin Zapata talk about their time at Castleton.**

# My connection to basketball's elite

**By Jac Culpo**
*Castleton Spartan*

In case you weren't paying attention, this past homecoming weekend Castleton had a professional basketball coach on campus for a hall of fame induction. Don't worry, I'm not here to tell you about the induction, I think I covered that pretty well in the adjacent article I wrote.

Instead I'm going to write about my connection to the Van Gundy family.

In order to find out as much information as I could about the Van Gundy's I had to request the help of my parents. Although, to be fair to them, they are the entire reason I have a connection to begin with.

For those of you who don't know, my dad is the current head basketball coach for the men's basketball team here at CU (as a disclaimer my dad is as sarcastic as someone can be when he isn't coaching). My mom is here too, a health education professor and much less sarcastic than my dad.

Both of them actually know Stan's dad, Bill Van Gundy. In fact, they get anniversary cards from Bill and his wife every year, and always right on time. My dad jokes that they remember the important dates in our life better than we do, and it might be true.

I receive birthday cards, and recently I got a card for graduating high school.

My mom will always make sure to tell you she knew Bill before my dad did. She was an athletic trainer at Genesee Community College in New York at the same time that Bill was the head basketball coach there, so they had interacted on multiple occasions.

Of course, my dad then started coaching under him at GCC as well. In fact, my parents actually met for the first time ever at Genesee, so you could almost thank the Van Gundy family in a way for my parents' marriage.

I, like many others, have wondered where my dad developed his habit of being colorful (I could use a different word, but it wouldn't be paper friendly) on the sidelines of games. And as it would turn out, Stan Van Gundy is also a VERY colorful person on the sideline. As he so eloquently put it, "I am not a joy bringer, I know that."

So, it's a safe bet that they both got it from a similar source (looking at you Bill).

I could probably fill 30 pages or more of just stories about Bill, but I'd rather move on to my connection to Stan specifically. My dad was an assistant coach at UMass Amherst when I was super young.

There was this one workaholic of a student manager for the team. His name was Adam. He would watch film for hours, he babysat me, and he almost always had a toothpick in his mouth.

Now Adam is working under Stan as almost a second in command type of position in Detroit. We still see him every now and then and it's great to hear about the NBA from the inside.

Yeah, I have a few odd connections to the Van Gundy family and I couldn't be happier about it.

# Spartan sports at a glance

**By Jordan Lumsden**
*Castleton Spartan*

## Men's Golf

Castleton men's golf held the top spot at the Castleton Invitational through Saturday, but finished in second place, unable to hold off SUNY Cobleskill from surging up the leaderboard to win the two-day event.

Jon Benson and Jacob Erwin were the top finishers for the Spartans. Benson shot an 87 on Saturday and an 81 on Sunday to land him a sixth place finish. Erwin would shoot an 88 and an 81 on Saturday and Sunday respectively to grab the seventh position.

Castleton is back in action for the Southern Maine Fall classic at the Gorham Country Club on Oct. 8.

## Women's Rugby

Castleton jumped out of the gate quickly but were unable to hold off Molloy on Sept. 17 falling 58-19.

Sierra Ostrow-Remy led the charge for the Spartans scoring two quick tries in the first half, including a 50-yard score with help from teammate Savanah Graves. The score was 19-5 Castleton headed into the half, but Molloy was able to flex its muscles in the second frame and cruise to the victory.

The Spartans return to the pitch to face Bowdoin Saturday Sept. 30 at 11:15 a.m.

## Women's Soccer

The Spartans have now won four of its last five games, including posting two shutouts in that time with the only loss being to Eastern Connecticut State in overtime. The women currently sit at 4-3-1 and 3-0 in North Atlantic Conference Play after starting the season 0-2-1. Rylee Nichols leads the Spartan scoring attack. She currently is on a four game point streak, including five goals in a three game span.

The women return home to face Colby-Sawyer on Saturday Sept. 30 at 3:30 p.m.

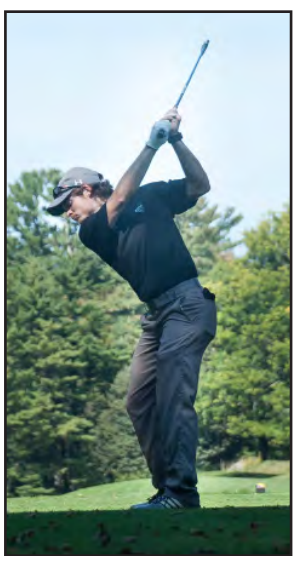
## Women's Tennis

Currently sitting at 7-4 and 4-1 in NAC play the Spartans look to continue their steady play. Castleton currently has a three-match winning streak beating conference opponents MCLA, Husson and Thomas all at home. Emily Nadler continues her impressive singles play. She's 10-1 on the season and 9-1 in her last 10 matches.

The Spartans wrap up their regular season at Johnson State on Sept. 30 at 1 p.m.

## Women's Volleyball

The Spartans have won three of their last four matches and look to remain hot headed into October. The women currently sit at 3-8 and have yet to play any conference matches. The team is led by senior/freshman duo Kimberly Jackson and Shannon Manchester. Jackson has 60 kills on the season and Manchester leads the team with 70. The two, combined, account for nearly half of the teams total kills this season. Each also has 39 total saves, which is tied for the team lead this season. Castleton will travel to Henniker, New Hampshire to face Colby-Sawyer in their next match on Sept. 30 starting at 12 p.m.



SELDON HILL / CASTLETON SPARTAN

**Jacob Erwin, left, and Jon Benson, right, wind up for a tee shot at Rutland Country Club on Sept. 23.**

COURTESY OF CASTLETONSPORTS.COM

**Emily Nadler returns a shot in a match earlier this season.**

COURTESY OF CASTLETONSPORTS.COM

**Castleton women's rugby looks to turn around a slow start to the season.**

# Castleton Spartan

CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

Wednesday October 18, 2017 CastletonSpartan.com Castleton, Vermont


# Scolforo is psyched to start at CU

**By Carly Trombley**
*Castleton Spartan*

Starting early December, Castleton University's new president Karen Scolforo will finally take office. And she's excited.

At her current school, she followed a 43-year family reign of presidents. She's no stranger to stepping in after long-term leadership. After all, President Dave Wolk has been at CU for 17 years now.

"I am confident she is going to be a great president, building on the strong foundation put in place by Dave Wolk," said Jeb Spaulding, chancellor of Vermont State Colleges.

Scolforo, in a recent phone interview, said she believes she'll be able to fall into the Castleton community seamlessly and is a big fan of collaborative leadership.

"I really appreciate the family-based atmosphere, the relationship-based teaching and learning models that showed up under Dave Wolk's legacy," Scolforo said. "I also really love the student access to extracurriculars, athletics and service."

According to Spaulding, these ideas aren't the only reason why Scolforo was the chosen candidate.

"It was the complete package," he said. "Her lifetime and higher education experiences, her genuine enthusiasm for Castleton, Rutland, and Vermont, her commitment to student success, her unbridled energy, collaborative style, and the overwhelming support shown by every group surveyed."

Scolforo made sure to mention that she appreciates all of the hard work that Wolk has put in to make Castleton what it is today, and that drastic things won't change right off the bat.

"I see an alignment in terms of leadership approach too (between her and Wolk),

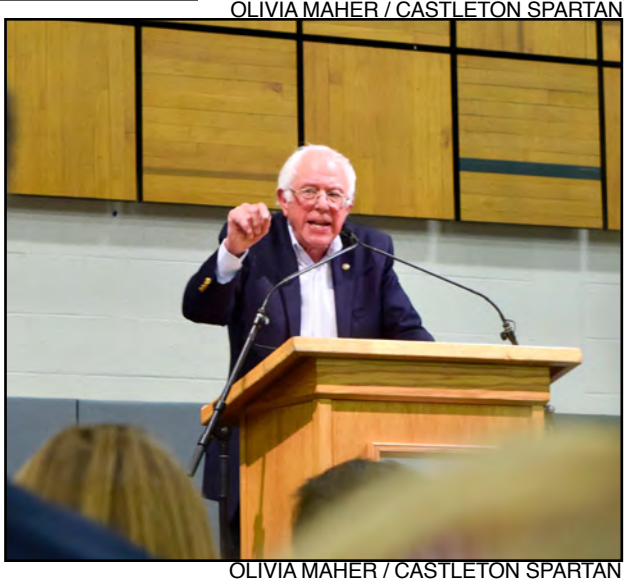
*See 'Wolk' on page 6*

COURTESY OF KAREN SCOLFORO

**Soon-to-be Castleton University President Karen Scolforo poses with students from her former Cental Penn College.**

OLIVIA MAHER / CASTLETON SPARTAN

MARTIN VANBUREN III / CASTLETON SPARTAN



OLIVIA MAHER / CASTLETON SPARTAN

**U.S. Sen. Bernie Sanders came to speak at Castleton University about his College For All campaign. He even took time to take selfies with students, top, and answer questions from student reporters, bottom left. His plan is to grant all Americans free tuition nationwide. His passionate speech led to standing ovation from the packed Glenbrook gymnasium, bottom right.**

# Bernie unveils College For All

**By Brigitta Gough**
*Castleton Spartan*

Student debt in the United States is higher than credit card and automobile debt. Forty-three million Americans combined owe $1.3 trillion in student loans.

Many of these Americans and future generations planning to go to college may not be able to afford to live in a house, to buy a car or even have children because of the huge amount of debts owed in student loans.

These are some of the facts that Senator Bernie Sanders reported at his College For All Rally at Castleton University on Tuesday.

"It is time to make our colleges and universities tuition free for the working families of our country," Sanders said.

The legislation Sanders proposed would make all public colleges and universities free to attend for anyone in this country. It is an idea that many states, and individual colleges and universities have begun to explore and it has had great success.

According to Sanders, at the City College of San Francisco tuition is now free, and they have seen a 51% increase in enrollment since making the change.

"Hundreds of thousands of bright young Americans are unable to go to college for one reason and one reason alone, and that is their family's lack of money to send them to college," Sanders said.

The United States used to be the most educated nation in the world but it has dropped to 11th place, Sanders said. He said the United States used to have the highest college graduation rates but now, the high school dropout rates are rising and college graduation rates are falling fast.

"11th place is not the place for a great place, for a great nation like the United States. 11th place is not the place to be if we want to be a prosperous nation and this has got to change," he said.

Sanders attributes this to the idea that many students believe they can't go to college because their parents can't afford it.

Sanders said that the idea of student debt scares students pursuing a profession they are passionate about because they want to get higher paying jobs so they can afford to pay off their student debt.

This not only affects the students, Sanders said, it affects the economy as well. There is a need for more people as early education teachers, primary care doctors, and public defenders, but students do not want to do these jobs because they will not be able to pay off their student loans.

"It destroys dreams," Sanders said. Although there are people who want to have these jobs, they simply can't afford to do them and are forced to choose a job that pays well.

Grace Adamson, one of the panelists at the event talked about her own student debt. She owes $390,000 in student loans, without interest. She is 41 years old and is currently attending medical school to become a primary care doctor.

"It is a source of great anxiety to me," Adamson said.

Adamson had to take all the money out her retirement fund to pay for some of her education and does not have any money for her children to go to college.

*See 'College' on page 6*

# Bri and Bern reunited

**By Briana Bocelli**
*Castleton Spartan*

I was a senior in high school, just 17 years old when I first had the opportunity to meet Sen. Bernie Sanders. I remember thinking to myself, "who the hell is Bernie Sanders and why do we care?"

It was 2014 and he came to my high school in Newport, Vermont to announce his plans to run for presidency. I had never heard of him in my entire life, but thinking back, I'm glad I was at school that day.

We crammed into the auditorium that fit about 200 or 300 people; I'm not great with estimates. I was with my then field hockey teammate, my now college roommate and closest friend.

We sat through a 30-minute speech given by the senator. He spoke to us about income inequality, actually many types in inequalities in our country, healthcare and most importantly, affordable college for ALL.

I had never been more inspired by anything than I was when listening to Bernie talk.

Everything he was saying just seemed to make sense. Why is it that 1 percent of the country holds the most wealth? Why is it that other countries see healthcare as a right and the U.S. sees it as privilege? Why are we such an assbackwards country?

One word: Elitists. But we won't get into that today.

When he was done, I wasn't. I wanted to hear more. I wanted to pick his brain about another topic that I felt (and still feel) needs to be addressed.

I wasn't alone, but nobody seemed to have the guts to ask the senator such a "blunt" question.

So, me being the unrestrained person that I am, I walked right up to the senator (with a group of around six people following me) to ask him about the legalization of recreational marijuana in Vermont.

But the only thing is, he beat ME to it.

Is this guy a mind reader?

Did I look stoned?

Was I stoned?

Who knows.

*See 'Bocelli' on page 6*

# It's now free to ski Pico

**By Mike Buonocore**
*Castleton Spartan*

Skiing for just a day at Killington is going to cost most people over $100. An adult day ticket, purchased at the ticket window at the resort is $115, and if you don't own equipment, you'll have to pay to rent as well.

To solve this issue, the company that owns Killington and Pico mountains has teamed up with the Castleton University Student Government Association to offer full-time undergrad students at Castleton a free pass to Pico.

"I came to Castleton because of it's proximity to the mountains," said sophomore and life-long Pico skier Andrew Borden. Borden and his family grew up skiing Pico and prefer it to Killington for the more laid-back experience.

Students from far away could be the ones who benefit most from the opportunity.

"I live in British Columbia when I'm not as Castleton, so bringing ski equipment here would be difficult. I also have athletic commitments during the winter so I can't really go skiing enough for the full ski pass to make sense for me to buy," said junior Jocelyn Forrest.

Forrest likes to ski but plays hockey. With practice and games virtually every day, there isn't much free time for her to go skiing. For her, it makes so much sense to take advantage of the free pass to Pico. On top of skiing for free, rental equipment will be discounted.

Students are not the only ones that will benefit from this pass.

"I thought it would be a good way for the school to market itself," said Student Government Association secretary Mitchell LaFlam. "I think down the line it'll be very beneficial to bring students in to the school."

The Student Government helped make the free passes possible through financial support.

Another aspect of the pass is attractive to students is it doesn't limit students to skiing only Pico. With a $150 add on, students will be able to ski at Killington and enjoy other seasonal activities there.

"There's going to be a mountain biking pass and a mountain biking lesson on the pass, and you'll also be able to take the gondola up and down the mountain as well," said LaFlam.

Students say the new deal will allow students to enjoy the mountains and keep their money in their pockets.

"I think this pass will be awesome for people who ski multiple times a week and all the way to people who only get out a few times a season," said senior and Okemo Mountain School ski coach Ryder Hathaway.

# Gun death questions need some answers

The United States has a gun control problem. Whether you believe that "guns kill people," or "people kill people," in either case, people are dying from bullet wounds. For some reason, U.S. citizens seem more prone to shooting one another than citizens of other countries. Maybe it's because everyone's so mad at one another about differences in opinion regarding gun control.

Many people think we should just require everyone purchasing a firearm to first acquire an appropriate license and to undergo a background check. Many countries that have a more strict process for acquiring guns, such as the U.K., have far fewer shootings per capita than we do.

Of course, the focal point of the counterargument is the second amendment. And frankly, quoting the constitution is a pretty strong argument. But while many conservatives quote their right to bear arms, the amendment also states that a well regulated militia is "necessary to the security of a free state."

With Kim Jong Un and Donald Trump trading threats via Twitter, most U.S. citizens aren't completely confident that they won't see another war in their lifetime. However, thanks to our second amendment, most of them feel fairly secure within their own homes. It is commonly said that Americans simply have too many guns to make invading the United States a real possibility.

The thing is, we don't really have militias anymore. In the event of an invasion, an enemy army would likely be stocked with heavier weaponry than is currently legal for most citizens to own. Would we be a safer country if we could all threaten to bring our tanks out of the garage in the event of an invasion? Would we be safer if we were allowed to have a well regulated militia? Or would arming every other civilian with assault rifles pose a risk to our domestic well being?

In light of recent events, it's fairly clear that allowing the general populace to look like the professional military wouldn't be a great idea. We haven't been invaded since the War of 1812. Chances are that with the public less well-armed than the invading force, the likelihood of any real militia emerging, and the chances of a repulsion of enemy forces by civilians are both very low.

So is there really any point, beyond sport, for the general populace to have so many guns? Are gun sports enough of a reason to justify keeping them legal? Would we be willing to relinquish whatever independent capability of defense we can lay claim to? These are the questions we have to ask. Not, "how can we stop mass shootings," but, "what are we willing to sacrifice to stop mass shootings?"

- Donovan Thacker

Ahahahaha!
When I push this button, whoever I am looking at will DIE!
You made a button that kills people!?
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# Bernie visit made me proud

As the senator descended the stairs, a group of professionally dressed students wheeled back toward the hallway.

One of The Spartan editors, Briana Bocelli, turned to the others and was overhead excitedly saying something like "isn't journalism fun?"

She had just asked U.S. Sen. Bernie Sanders a question about whether the current U.S. administration is essentially normalizing hate, while walking along side him with her recorder out to capture his answer.

Steps ahead of her, stood Spartan photographer Martin Van Buren III, capturing the journalistic encounter that had her so fired up.

Also in the mix was the other Spartan editor, Carly Trombley, who for the past hour and 10 minutes stood on a platform, troubleshooting technical problems to live feed the senator's launch of his bill to provide free tuition to basically all Americans.

As she recorded Sanders' passionate plea to ease student debt and improve the country's 11th-most-educated-nation ranking, Spartan reporter Brigitta Gough was in the crowd meticulously scribbling page after page of notes, clutching a recorder and jotting down time stamps of especially powerful moments.

And after shooting countless photos during his speech, fellow Spartan photographer Olivia Maher was seen in the middle of a Bernie Sanders scrum of students – still shooting pictures, but this time candids of students seeking some Bernie time.

After Bocelli had broken from the group of us to head back to her dorm room, Trombley relayed another comment she made after her "isn't-journalism-fun" comment.

"She said this event made her realize this is what she wants to do with her life," Trombley said.

As a journalism professor, nights don't get much better.

I got to see a group of soon-to-be graduates practicing a craft that I have preached to them for a few years now – and do it masterfully.

The photograph by Martin Van Buren III showing Bocelli and Gough taking notes alongside Sanders with me in the background says it all.

I felt like a proud pop, in the background, watching my "kids" blossom and excel in a world that I have always loved and still love.

It makes journalism – and teaching journalism – fun.

- David Blow

**Letter to the editor:**

# Meals on wheels needs your help

When the Trump administration released its budget proposal for the coming federal fiscal year, many journalists and activists focused in on potential cuts to the Meals on Wheels program, a program that brings hot meals to elderly residents. An online publication cited US Senator Bernie Sanders' (VT-I) strong opposition to the proposed cuts. "You're going to throw seniors in the state of Wyoming or the state of Vermont off the Meals on Wheels program, maybe the one nutritious program that they get a day," Sanders was quoted as saying to budget director Mick Mulvaney (Niv Elis, The Hill, May 27, 2017, 03:19 PM EDT). Facebook feeds and other social media were full of outrage over the possibility that the Meals on Wheels program would be victim to an austere budget.

Meanwhile in Castleton, the local Meals on Wheels program faces a threat of another sort. The challenge to the program in Castleton is a dwindling team of volunteers. We deliver three days each week—Mondays, Wednesdays, and Thursdays—and when we are operating with a full team of volunteers, each volunteer will participate once each month. The time commitment on the days we deliver is 90 minutes to 2 hours. In that short time, you can brighten the day of people who have few visitors and have trouble getting out, and you bring nutrition that they otherwise would not have.

To paraphrase Castleton President Dave Wolk, this is another opportunity for students to make a difference in our community as they prepare to make a difference in the world. For faculty and staff, it is an opportunity to make a big difference with a fixed and limited commitment of time. Additionally, when we have a sufficient number of volunteers, you get to know someone new in the Castleton community. Through Meals on Wheels, I have personally shared several wonderful conversations with people at Castleton that I might otherwise never have met. In this way, the program helps connect our small university while we provide a valuable service to the broader community.

Meals on Wheels is Castleton's longest, continuous community partner; in 2017, Castleton gave the Community Partner Award to Meals on Wheels, as our former academic dean, Joe Mark, talked about the long history we share. Please keep this partnership alive with a contribution of your time; many hands make light work. Contact Chrispin White (Chrispin.White@castleton.edu), Director of Community Engagement, if you want to learn more.

- Rich Clark

Castleton Spartan

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# Third Place opening adjacent lounge

**By Briana Bocelli**
*Castleton Spartan*

Castleton students who are 21 or older will have a new place to wet their whistle when they come back from December break.

Third Place Pizzeria has announced that it will soon be opening a beer and wine lounge in the vacant building next door.

Owner of Third Place, Andrew Breting, said "The Lounge" will have a brand new menu, eight taps, and a classy variety of wine. He said there will also always be a generic beer and a cider on tap, and the rest will be all Vermont craft beers.

"We'll have Switchback, Fiddlehead, Long Trail and others. If there's a seasonal beer, we'll have that line always changing," Breting said.

His plan is to have the most affordable, quality drinks in town.

"Prices are not gonna be what's the norm for the area, but I know there's steep prices around here, and they are gonna be targeted toward being a little bit cheaper," he said.

He also plans to do daily specials, like half-price appetizers or drafts.

The high-end pub style menu will have creations like a maple pork belly BLT, paninis, soup and even cheese boards with drink pairing suggestions.

Breting said the bar itself will seat anywhere from 16 to 20 people, with additional table seating with servers and personal lounge areas to create a laidback environment.

He said right now, Third Place doesn't have much for seating, so he wants people to be able to make themselves comfortable at "The Lounge."

Breting reiterated that he does not want people to think this will be a rowdy college joint.

"It's not gonna be your typical college bar that you would think of. We're not looking to be a wild crazy hangout," he said.

All of the necessary permits have gone through and "The Lounge" is officially under construction. He's even making plans for an outdoor "lounge" in the summer.

"We'll have a patio outside with a fireplace, firepits and stuff like that, and that probably won't be ready until summer," Breting said.

Local business owner John Rehlen said he doesn't really have any feelings about the expansion, and to him it's a "nonevent."

"We have our business, he'll have his business. It's not a zero sum game," Rehlen said.

He added though, as a resident, he would have concerns for any late night business and how that can affect the "quality of life in the village."

He said it comes down to who's running the show, and the type of clientele being attracted.

"This has been an issue for as long as the college has been here, and so as a resident living down the street knowing most of the people that live here, that would be a concern," Rehlen said.

But Breting plans to have a very tight grip on how "The Lounge" will be operated. He wants it to embody the idea of the "third place" and make it a friendly welcoming environment to everyone.

Professor of sociology Philip Lamy teaches about the idea of the "third place" and feels inspirationally responsible for Third Place emerging.

Breting was a student in Lamy's Community and American Society class where he learned about the "third place" concept.

"He said he was thinking of opening up a restaurant or a 'third place' because he loved the idea that we studied in class. He asked if I would help him and I said absolutely," Lamy said.

Lamy said he goes to Third Place at least two or three times a week because he loves the thin style pizza and the "Brotherly Love" cheesesteak.

His wife owns a cracker company that was purchased by a Vermont cheese company, so the cheese boards being served will be coming directly from his wife's business.

Lamy remembers Breting as a "great guy, smart kid, great participant in class."

"I hope they're really successful and I think they have been. It's very exciting for everybody here," Lamy said.

Lamy isn't the only one who's excited about the expansion either.

Andy Coffin, 21, said he's not a fan of the surrounding competition and was excited to hear about the new bar option coming to town.

"I love Third Place and everything they stand for. I think the IPAs definitely fit in with all the funky stuff he has out there too," Coffin said.

Garrett Robin, 21, doesn't mind the idea of another place to drink coming to town, but thinks bars being so close to campus can still come with issues.

He also hates craft beer.

OLIVIA MAHER / CASTLETON SPARTAN

**Third Place owner Andrew Breting, left, looks over plans for "The Lounge" he is opening next door.**

"Craft beer is for people who can't admit they don't know how to taste the flavors in wines so they look to something more obvious," Robin said.

Vedad Cicak, 23, loves the idea of having local craft beers on tap, but is not so sure about the wine and cheese aspect.

"I don't know how that will go over with college students, wine and cheese, but we could become sophisticated," Cicak said.

Allison Cragin, 21, has never tried Third Place and had no idea that they were expanding.

"I'd love to check that out, I'd even try the beer too," Cragin said.

# Accident fosters Leavenworth love

**By Zach Castellini-Dow**
*Castleton Spartan*

Casltleton University history professor Trish van der Spuy is fiercely independent, and all of her colleagues will tell you that.But on Sept. 6, all that changed. "I was taking my two little, ancient, geriatric dogs out, after it had rained and was distracted," she says. "I slipped on the top step and landed three steps down on the ground."

As she narrates the fall, something about her changes. The disappointment that comes through her voice and across her face is starkly different from the way she normally smiles and greets you in her peppy South African accent. Hints like this give away how much of a toll this ordeal has taken on her.

"I landed on my left side," she says, layering her hands on one another trying to give a visual of the way it occurred. "I knew that my ankle was sore - and then I saw my right leg come down and my right foot hit the ground at a really weird angle and I heard a click.

"I sat there on the ground with my dog for about 10 minutes, managed somehow to get up the stairs."

She didn't know it at the time, but she had broken not just one, but both of her ankles, coupled with ligament damage in her left for good measure.

Her only real option now is to use a wheelchair, which leaves her incredibly dependent on the help of others.

What was the typical scene in and around her office plays out very differently these days.

A new routine has van der Spuy frequently being seen being pushed in her chair by global studies professor Adam Chill. They come down the hallway, excusing themselves past students and faculty, smiling as they chat.

Chill stops at her office door as she lets herself in, looking her doorknob directly in the eye from the new vantage point her wheelchair offers.

"Did you get my message about 3:30?" van der Spuy asks.

"I did. I can't, unfortunately," Chill says almost wincing because he doesn't want to let her down. "Did you try Melisse?"

"I will," she says, still smiling. "Be sure to take your books."

ZACH CASTELLINI-DOW / CASTLETON SPARTAN

**History professor Adam Chill has frequently been seen helping Professor Patricia van der Spuy get to class.**

Chill recounted his involvement with van der Spuy in the days following her accident.

"I saw her in her office, and I was taking her home that day because she couldn't drive," he said. "She tried to walk to the elevator and she made it 10 feet.

"She was in real pain," he says with clear concern," and on the way home I told her she had to get to the hospital and in the morning she sent me a text saying 'Alright, let's go to the ER.'"

Since the incident, her fellow professors have stepped-up every way imaginable to help her. They've driven van der Spuy to and from work every day, brought her fresh vegetables from the farmer's market and have even offered to take care of her dogs.

Melisse Pinto, a political science professor, has been one of her bigger helpers.

"It just seemed natural," Pinto said offering that she's glad to help her be, "devoted to her students."

She also reiterated that van der Spuy, like the rest of the professors at Castleton likes her independence, and she thinks that because of this she thinks that van der Spuy, "doesn't want to impose on anyone."

But professors aren't the only ones helping her out. Much like her sense of independence, van der Spuy's classroom has also changed. She still commands the classroom, but from a new level – approximately half the height she normally stands at. Students now weave their heads around those of students in front of them trying to engage in discussion.

Now a single student typically stands at the podium, working the images and maps she's compiled on her Moodle page for each class to bring a sense of imagery into the text that can lose your attention from time-to-time.

In her African History course this semester, junior Noah Richer is one who has stepped up.

"There is a good group of five or six of us helping her," he recalls about the first class he had after she returned, "and you can tell on her face that her admiration is real."

He smiled as he said, "This is kinda like our way of giving back to her," and the look of appreciation in his eyes was clear. "How much the professors put into their classes shows us they go out of their way to show us they want us to benefit."

The outpouring of help she has enjoyed is characterized by van der Spuy as this sense of the "Leavenworth community." She has had random professors stop in to help her to her next class, familiar students who she can count on to fetch her a refill of water from the fountain and even random students who have seen her struggling.

Everyone has been helping.

What does this term "Leavenworth Community" mean to the students? Aside from helping their professor in any way shape or form, the students seem to agree that it's the open-door policy that every professor seems to follow.

Joshua Lake, a senior political science and history student, claims it's what drove him to come here in the first place. On his first trip to Castleton, then still the state college, he noticed something different about Leavenworth.

"Every door in the department was open," he said with pride in his department, before adding, "I ditched my tour and I talked to Professor Fleche."

Really, it boiled-down to a very simple comparison for him.

"Do I want to go to a university where I'm just a number on a roster or do I want to go somewhere where everyone knows my name and has this open-door policy," he questioned, knowing the answer.

When professors weigh in on what they think really drives this sense of a Leavenworth Community, their answers all seem to be focused on their colleagues.

*See 'Leavenworth' on page 6*

# Etiquette issues between students and faculty

OLIVIA MAHER / CASTLETON SPARTAN

**Students place their phones on notecards with their name on them at the beginning of Professor Sanjukta Ghosh's class.**

**By Brigitta Gough**
*Castleton Spartan*

Class had started, but the professor hadn't arrived yet.

"Okay, she has 10 minutes," a student announced to a sea of students mindlessly scrolling on their phones.

As 10 minutes roll by, and still no professor, the student happily said, "ok we can leave now," and the rest of the students joined in an excited mass-exodus.

But for the record, there is no rule in the Castleton University Handbook or anywhere else that might be considered a reliable source that states if a professor is 10 minutes late, students may leave.

This is merely a rumor and wait times vary based on whom you ask.

Three professors were asked about what they thought about this "rule" and all had very different opinions.

"I don't care about the rule; professors should be on time. This is a profession; we are the role models," said Sanjukta Ghosh, coordinator of the women and gender studies program and communication professor. She said professors have just as much responsibility to be on time as the students do.

English professor Bill Wiles said the 10-15 minute rule was a rumor when he was in college as well.

"We had professor who was notoriously scatter-brained and absent-minded and we would purposefully wait (10 minutes). We would even see him coming and we would go out the other door, this particular classroom had another exit," Wiles said.

But Wiles doesn't condone this in all cases because sometimes professors do have reasons for being late. As a probation officer, when he was in court he would sometimes run late. This would cause him to be late to class, but he always called the office ahead to let the students know.

"If a professor is continuously late for class, that is disrespectful to the class," Wiles said.

Students said that they get annoyed with professors being late.

"I did have one professor last semester who would show up five to 10 minutes late, which was irritating because then she tried to keep us five to 10 minutes later when the class is over," said junior Curstin Hemple.

But while some students are quick to bail after 10 minutes, Emily Sweeney, a senior, says she never does.

"I'd rather err on the side of caution and wait because I pay a lot of money to come here so I would rather sit and wait on the off chance that the professor is going to come," Sweeney said.

### The Informal E-mail

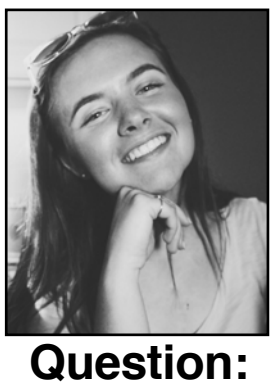
Other common interactions between students and professors have unspoken rules to follow as well; including is how to communicate with each other through technology.

Junior Katelyn Ireland said some professors are too informal.

*See 'Students' on page 6*

# Word on the Street

By Bailey Cummings



**Question:**

**How do you feel about Bernie Sanders' plan for free tuition?**

Molly Marcy

**"I think he is wise in making this act and it will benefit small towns like here, where not everybody has opportunities, and most people are mid to lower class and not as fortunate financially as some. Everyone should have the chance to go to college."**

Toné Sawyer

**"I think it's a good idea, but I don't think it could be implemented as free immediately. First, I think we need to start with reduced tuition, see how that goes, and then move from there to free if it is successful."**

Tess Webber

**"I think it is very important that he is coming out with this act because there are a lot of very smart individuals out there that may not get the chance or opportunity to attend college. But with this, they will have the opportunity, making better individuals in the work force."**

Thomas Tifft

**"I think it is great and that implementing it would mean a lot more people would be able to go to college who might not usually get the opportunity to."**

Ryder Hathaway

**"I think it's a really great idea. Like he was saying, it obviously won't affect me right now but I think for future generations it will be a tremendous benefit and it will ultimately benefit the country as a whole."**

# Alumns help health majors find work after graduation

**By Adam Cook**
*Castleton Spartan*

Castleton University is hosting an event Oct. 18 featuring four alumni who will return to their alma mater to help health education and health science majors find out what jobs are available post-graduation.

"This is a premiere event, and it is student initiated," career services director Renée Beaupré White said in a phone interview. "There's a panel discussion and there's also going to be an opportunity for students to network with the professionals who are on the panel."

The student who started this event is health education major Rosa Wallace. She said the idea from this program stemmed from a conversation with White while working with her.

"Last year, I was at a nursing event in the nursing department," Wallace said. "Rutland Regional was there. They were trying to recruit students to work at the hospital. I was talking to Renee, and she told me about how a student came up to her and broke down in tears."

Wallace said that student was a senior health science major, who did not know her options when she graduated.

"I heard that story a few times from different students, kind of having that reaction, and feeling that way when they were about to graduate, which is obviously not good," Wallace said.

She said that student's story is what made her decide, with help from White and other faculty members, including her program's coordinator Kathleen Culpo, to create this event for health education and health science majors.

"I'm a community health education major, and it's a really small program," she said. "It's fairly new, and most of the health education students are school health, so they're going to be licensed health educators."

Wallace said her program only has two students who are seniors and that is part of the reason why this event is essential.

"We're thinking this event will also be a good way to not recruit students from other majors, but to draw interest from students who might not know what they want to do," Wallace said.

"Many associate health education with only teaching in schools," Culpo said. "There's so much more."

According to Culpo, the goal of the event is to help students learn how to combine majors and minors that the program offers. Culpo said community health education focuses on health promotion.

The program will consist of four panelists, a substance abuse prevention consultant for the Vermont Department of Health, a clinical research coordinator at the University of Vermont and an education coordinator with the local hospital's community health team.

There will also be a coordinator for tobacco treatment and a clinical scribe at Dartmouth Hitchcock Medical Center. The four panelists will spend the evening answering questions students may have and helping them network.

The event will take place in the 1787 room in the Campus Center at 7:00 p.m. Refreshments and prizes will be offered, and the event is open to all students who wish to attend and learn more about health education and health sciences.

# What it's like?

SELDON HILL / CASTLETON SPARTAN

**Participants in the White Cane Safety Awareness Day walk around campus blindfolded with white canes to simulate what it's like to be blind and to raise awareness.**

# Puppies; good for the soul

OLIVIA MAHER / CASTLETON SPARTAN

**A Castleton student spends quality time with a therapy dog in the library.**

**By Michael Buonocore**
*Castleton Spartan*

There truly is nothing like interacting with a dog to brighten your day - and the dog doesn't even have to be yours.

As long as that dog is leaning in to be pet, licking your face and showing you true unconditional love, you will feel it, and your day will be brought to a new level.

It's scientifically proven.

"Playing with your pet increases the levels of the feel-good chemicals serotonin and dopamine in your brain. Maybe that's why people recover from a stressful situation more quickly when they're with their pets," according to an animal therapy article on humana.com.

College can be a tough place sometimes. Students go through serious stages of stress due to schoolwork, depression from missing people or pets, break-ups, and countless other not-so-good situations that can bring them down.

However, these issues vanish upon seeing a dog, and even more so if it's a puppy.

"For me there aren't any drawbacks of having a dog at school" said senior David Mahoney. "Gunner (his dog) has so many different talents and he's super smart so having him at my house is awesome," he said.

Mahoney's chocolate lab is young so it needs lots of exercise, which is also good for him. A study by the National Institute of Health found that people with dogs are generally more active because they are not only forced to bring their dog outside but it also gives them motivation to be active whether they take their dog for a walk, hike, bike ride or swim.

"Since my dog is young, he has a ton of energy. I take him outside and throw the toy for him a few times a day," said Mahoney.

Having a dog is a good way to teach a college-aged person responsibility, because it is pretty much like having a child.

"You can't leave food out. He will eat anything we leave out, and I mean anything," senior Lauren Reck said with a slight laugh, talking about her 1-year-old rescue dog named Bodie.

Reck is a nursing student at Castleton, so with all the stress of being involved in such an intense major, having a dog helps to cope with that.

"It's so nice coming home from a long shift at the hospital to a dog. It's hard not to smile and pet him when I come home from work," Reck said.

And in a college town, dog sitters are abundant when needed.

"It's not very hard to find someone to watch your dog around here because everyone wants a dog," Reck said.

It's usually the people who left dogs at home with their parents who are the most emotional when you raise the subject. Many say they miss their dogs as much, sometimes more, than people in their lives.

"When I get into my car to drive home the first thing I think about is my two dogs," said graduate student Connor Kelly. "I get so excited to see them and can't wait for them to freak out when I get home."

Not only are dogs the best greeters, they're also the first greeters whenever someone walks through the door.

"My dogs come running to the door the second I get home," Kelly said. "I'm petting them for a few minutes before I even say hi to my parents and my brother."

But it's not only the humans who get sad when they become separated from their pets. Although it is proven that dogs cannot tell time, they can certainly tell when people in their house leave. They suffer from separation anxiety when their owners leave them.

An article on petplace.com states dogs may become destructive when left alone for an extended period of time, but contrary to popular belief, it's not because the dog is upset or mad that it's owner left, it has to do with anxiety. Dogs often become anxious when their owner leaves, and with nothing to do they turn to destroying their owner's stuff.

Some dogs, like Castleton student Zach Dow's, have other ways of dealing with when one of their favorite people leave the house for an extended period of time.

"My dog gets stressed out and gains weight when I'm at school," Dow said with a chuckle and a grin on his face.

Students get dogs while at college for a variety of reasons from missing their dog at home to just wanting another friend.

Or, just because!

"I didn't get Gunner because I was missing my dog at home, I just wanted a dog, Mahoney said. "I don't regret the decision at all, I like him better than I like my friends" he said with a laugh.

For Reck, though, the separation from her dog at home led to the decision.

"I was really missing Augie (Reck's dog at home) when I started thinking about getting a dog. I knew getting a dog here wouldn't replace my dog at home, but it helped out a lot," Reck said.

People who have grown up with dogs usually tend to show their soft side when a dog appears in their field of vision. When a student leaves for school and doesn't see their dog for a while, interacting with one helps to cope with the sadness of not having their dog in their life.

"I've had dogs forever," senior Ryder Hathaway said. "Two golden retrievers, and my current chocolate lab."

Hathaway is notorious for Snapchatting everything he sees, and he doesn't pass up the opportunity to take a video of a dog, usually titled, "woofer" for his Snapchat story.

"I just love seeing dogs," Hathaway said. "Whether my day is going good or bad, seeing a dog only makes it better."

On Thursdays at 1 o'clock, you can solve your dog-deprived issues by attending the therapy dogs session in the student lounge in the library.

"I knew this was a good idea," Abbie Batchelder said with a close-to-crying smile on her face as soon as she saw the two yellow labs that were waiting in the library to brighten student's days.

Every student in the room was on the ground, rolling around with the dogs, and enjoying every moment of being smothered by the dogs. Everyone there, the dog's owners included, was having a good time and enjoying the session.

"I'm definitely coming again," Sophomore Kianna Frost said with a

# Fitness club comes to Four Corners

**By Lauren Fabian**
*Spartan Contributor*

A new fitness club and adjacent nutrition center have been introduced to Castleton Corners, just a short drive from Castleton University.

As you walk into the brightly colored Total Fitness studio, you can hear the music playing loudly over the speaker as Elanit Greenman prepares to teach a Zumba class, one of the many classes offered.

"Everyone calls me Mama E, that's the easy part," says Greenman, one of the owners of the two new businesses in the building that formerly housed a tattoo parlor.

Total Fitness offers free Zumba classes to college students, with Greenman as the certified instructor. The fitness club recently had its grand opening, offering sample Zumba classes that will be taking place on Mondays, Wednesdays and Fridays at 6 p.m.

It will also be offering aerobics and toning classes, and Greenman hopes to offer day classes starting in October.

"I'm 67 years old, so for me this is really an exciting thing. I mean what would I do, sit around in a rocking chair!" Greenman said.

Next to the fitness club, is All-Star Nutrition, the other business owned and newly opened by Greenman and Mike Robertucci, business partners and friends who have known each other for over 20 years.

Robertucci has lived in Benson for a few years after moving to Vermont from Daytona, Florida, where the business partners already own four other fitness clubs. Greenman followed him saying she was looking for a change of scenery.

"When I say change of scenery I'm talking change of scenery, I don't fool around, " she said with a laugh. "I went from 114 above to 114 below in temperature!"

All-Star Nutrition, although technically a separate business from the fitness studio, is in the same building and open Monday through Friday from 7a.m. to 2 p.m. The nutrition center, lined from wall to wall with Herbalife shakes and merchandise, is meant to help people get on a better track with their health and lifestyle.

"The purpose is that we want to teach people proper nutrition," said Robertucci. "If you put the right oil in your car, it'll run forever."

All-Star Nutrition offers over 50 different Herbalife shakes, as well as access to many of the other products provided by the multi-level marketing company, guided by the help of the business owners. The business offers wellness evaluations and weight loss challenges with all fitness levels welcome.

Castleton student Deni Musaefendic, a sophomore at the university, did not know about the new business at first, but was excited for a new fitness opportunity in the area.

"It seems somewhat interesting and could be fun. I don't see why I wouldn't check it out," Musaefendic said.

The Castleton business owners are excited about their new endeavors, and hope to make a positive impact on the community. With over five years working in fitness and nutrition, they are passionate and eager to continue.

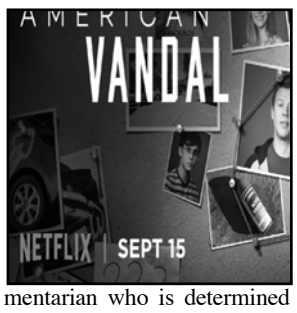
"We're looking forward to it becoming a community center. A place to have a good time, have a shake, and just kind of be together!" said Greenman.

# Grab some popcorn and prepare to binge

**By Zach Castellini-Dow**
*Castleton Spartan*

American Vandal is a new Netflix original series that everyone has binged or is planning to. While parts of this show are somewhat unrelatable, this series is as entertaining as it sounds.

The series is a satirical take on true-crime series, with the focus being on 18 year-old Dylan Maxwell, a high school student from Oceanside, CA, who's accused of vandalizing 27 cars in the faculty parking lot with… phallic images. Peter Moldonado is another student who leads the narrative, playing the part of the docu-




mentarian who is determined to find the truth.

The whole series kind of shadows the Serial podcast from 2014, hosted by Sarah Koenig from This American Life, where she follows the conviction of Adnan Syed after the court found him guilty of murdering his ex-girlfriend on circumstantial evidence. American Vandal uses the same plot devices like constructing a timeline step-by-step and the use of audio dispositions that gives it the same feel.

What really makes American Vandal a classic is the way evidence is presented. The students' whereabouts and actions are archived through Instagram, YouTube and Snapchat, which are used as this B-roll footage while the narrative drives on. It's amazing how the series captures covers how public the lives of these students are, while showing YouTube pranks that you can't help but smile at- it gives a glimpse into how satirical the show is.

"The whole thing is trivializing the nature of true-crime dramas," said Tyler Strong, a recent graduate of Castleton University. "It's about the most trivial thing ever- drawing dicks," he says through a smile,"I can't help but be entertained, though."

This is what he show is all about. It's the dumbest thing in the world, drawing dicks, yet there I sat, for hours, trying to figure out, "Who did the Dicks?" It's the most aggressive shot anyone can take at a genre, essentially stating that the true-crime genre is the laziest there is. If you can make someone drawing dicks so interesting then you can make anything interesting. An article from Vulture truly phrases it the best when they claim the the series, "can't help but succeed in a strong investment in its' mystery."

The other thing American Vandal does well is cinematography. All of the shots in the show are intentionally dark. The establishing shots are lit beautifully, while the archive footage taken from students' Snapchat and Instagram accounts is intentionally poor. "Whoever did the post-production- they did an amazing job with this," said Vincent Guerrera, another graduate from CU majoring in photography. "The way they lay-out situations and set it up with students filming it is next-level."

The only thing that the series kind of falls short with is timing. Toward the end of the show, I found myself just wanting to finish it. It gets to the point where the novelty of the show wears off and I knew that if the series could have just been two episodes shorter, it could have been flawless.

Overall- you need to sit down and watch. Find your friends, your significant other or put on some headphones by yourself and give it a go. Sure, sometimes the show can get a little fatigued with high school hook-up culture, but it's so well-put together that you'll find yourself invested in the characters and the case.

# Fright Fest haunting for some

**By Jac Culpo**
*Castleton Spartan*

A group of Castleton students took a trip to The Great Escape in Lake George, New York for the Fright Fest event on Saturday. They arrived roughly at 2 p.m. and were set loose in the theme park.

The walls were all decorated with spider webs, plastic spiders. Fog machines were on full blast to get people in the mood for Halloween. Even the music, which is usually a mix of 2000's pop, was getting in on the action with songs like Spooky Scary Skeletons and Monster Mash.

Classic rides like the "Comet" and the "Flashback" were attracting large groups of people waiting for the real festivities to start. Little kids and even some adults could be seen walking around dressed up in costumes.

Fright Fest's scary events don't start until 5 p.m. so all of the students went ahead and tried as many rides as they could. Although for some the lines came as a bit of a surprise. "It was fun but I forgot about the lines," Gabby Coons said.

Once the clock struck 5, the real fun began. The haunted houses opened their doors and the actors and actresses descended upon the park.

"The actors were really scary because the make-up was really well done," Marissa Benson said. To help keep the park child friendly, there were specific scare zones on the map where the actors and actresses would be waiting.

The lines for rides suddenly began to evaporate as well since everyone wanted to try the many different haunted houses scattered about the park. One haunted house peaked at a 90-minute wait time.

The houses seemed to attract most of the students as well, although some were satisfied with just riding rides and avoiding most scary things.

Freshman Carolyn Laird said one of the haunted houses, Skull Manor, was not pleasing to say the least.

"Fun wasn't the word I would use," she laughed. "Someone pulled my weave out."

As the night ended and the park closed, the many exhausted students headed back out to be taken home.

"I really enjoyed the trip, although I wish there were less people," Izzy Gogarty chuckled as she boarded the van to go home.

# 'That's why Rhinoceros'

## Charlottesville deaths prompted director to change shows

**By Vincent Tatro**
*Spartan Contributor*

COURTESY OF STEVEN GROSS

**Theater professor Harry McEnerny directs a scene from 'Rhinoceros.'**

It was the end of the Spring 2017 semester and the Castleton Theatre Department's 2017-18 season was all selected, scheduled and announced.

And then something happened.

He likes the play, but that's not the only reason Castleton Threatre Arts professor Harry McEnerny decided to change plans and direct Eugène Ionesco's "Rhinoceros," an absurdist play from the WWII era, this past September at Castleton University.

As a group, while considering student feedback, theatre arts faculty get together every spring to discuss and announce the upcoming season. For the 2017-2018 season, Castleton was going to produce the shows "Moon Over Buffalo," The Liar," and "Guys and Dolls."

"We decided as a group that this what were going to do. Then something happened," McEnerny said with a look of seriousness.

Charlottesville.

McEnerny said the events in Charlottesville made him go "uhh?!"

"So Charlottesville, um, it's a… it's a big deal in the south. It's a big deal nationally, that monuments are being taken down; monuments to civil war heroes, not my word," he said.

The monuments were taken down at night, in the cover of darkness. In Baltimore, they were taken down within minutes overnight; there one day and gone the next. But in Charlottesville, the town council voted to remove a statue of Robert E. Lee.

"White supremacist groups didn't like that decision because they felt it as an attack on their heritage," McEnerny said, followed by a pause.

The news reported that white supremacist groups went to Charlottesville to protest the decision to remove the monument, without masks and carrying torches.

"It's not like the KKK anymore, this is all of a sudden wide open out in the public," he said.

The event resulted in the murder of two Virginia State Troopers and a woman from Ohio, a peaceful protestor. It took the current U.S. administration two days to respond to the situation and in a public statement, President Donald Trump said there was wrong committed on both sides.

"By doing that, they essentially, no, not essentially, actually," McEnerny sighed and paused, "equated white supremacists with anti-racist protestors. In this administration's eyes, those are the same thing."

After a good five-second pause, he said "That's why 'Rhinoceros.'"

### Making a statement

"Theatre should be — theatre is powerful," McEnerny said. "Theatre can be relevant in ways that other medias cannot be: the imitation of an action." He also mentioned the importance of the immediacy of seeing a play, something you can't get from a movie.

When you watch a movie, McEnerny said, you can choose how you watch it. You can go see a movie when it comes out in theaters, or you can wait until it comes out on DVD and rent it. When you watch a movie at home, you can sit on your couch and have a conversation while eating popcorn.

When you see something in the movie that sparks your attention, you can pause the movie and talk about it.

"You… can't do that with a play. You have to choose, you have to go there; so you buy into it," McEnerny said. "Theatre is temporal, it happens in space and time, and then it's gone."

McEnerny said, "Rhinoceros" is "an anti-fascist play, it's an anti-leftist play, it's an anti—um… it's an anti-hate play." Ionesco was born in 1909 in France. He grew up around the time that France was decimated after the end of WWI, during the recovery.

Ionesco was in his thirties and away at academia during the beginning of WWII. The war brought along an uprise of leftist/fascist movements. He was surprised to see how easily and quickly his friends, who he considered intellectuals, moved into those ideologies, "the ideologies of hate, and superiority, and supremacy. Ionesco called them demi-intellectuals after that," McEnerny said.

To Ionesco, intellectuals were those individuals who stayed away from the uprising ideologies. "A generation of people thought it was a good idea, not just something to think about, but a good idea to round up as many Jewish people as we can and annihilate them, for the… uhh," McEnerny said coming to a loss of words. "I don't know. I don't know why. I mean, I don't know why."

McEnerny believes Ionesco's play seems more relevant than it has ever been since it was written, due to the growing movement of hate and fear in our own country that seems to be top-driven.

"That's why I wanted to do this play — two reasons why I wanted to do this play… three reasons," laughed McEnerny. The other two reasons he was referring to were subject matter and the power of theatre.

### The actors' take

Garrett Robin, a Castleton senior theatre arts and political science major from Pittsford, played the lead role of Berenger in "Rhinoceros."

"This play meant a lot to me because it combined two of my passions in a broad way: acting and politics," Robin said. "This year especially has had a lot of affects on my political views."

Robin's favorite part of this production wasn't the acting or directing; he enjoyed in-depth conversations with McEnerny while working on establishing his character.

"A lot of the times Harry's and my interpretation would differ, and we would battle it out until we found a middle ground," he said.

Becoming a rhinoceros, according to Robin, meant a loss of individuality, "joining the "bandwagon in a sense." McEnerny's production included similar hairstyles and costume colors among the cast to give the sense of collectiveness.

McEnerny also used technical elements in this production to echo the over-stimulating world of media that we live in today. He used live-feed cameras, held by stage crew right on stage, to film different perspectives of the scene the audience would be currently watching.

Katy Albert, a senior theatre arts major, worked on makeup and costumes for the production. During a scene where one of the characters, Jean, transformed into a rhinoceros, Albert was backstage being filmed live, while applying stage makeup to the actor for the audience to see.

"This production allowed the audience to choose their own perspective by looking at the universe on stage or seeing what's really happening backstage," Albert said. "However, it did feel weird doing tech backstage and knowing you're being watched."

### CU is not alone

McEnerny isn't the only one directing "Rhinoceros" this season. According to the Samuel French website, one of the main play publishing companies, 16 other schools across the nation, as well as globally, performed or plan to perform Ionesco's play.

One school is Southern Arkansas University. Tiffany Antone, professor in the theatre and mass communication department, plans to direct the show this month at the school's campus. Like McEnerny, current events led Antone to ultimately choose to direct the play.

"I was absolutely inspired to work on 'Rhinoceros' after this past election season. The growing divisiveness and tribalism currently at play in our nation, and others, is so artfully explored in 'Rhinoceros' that is seemed a necessary piece," Antone said.

It also presented an opportunity for college-age students to be exposed to the absurdist styles of theatre, she said.

Ionesco's character, Daisy, says in the play, "There are many sides to reality. Choose the one that's best for you. Escape into the world of imagination."

Like most absurdist plays, Ionesco wrote "Rhinoceros" to ask a question that wouldn't necessarily be answered; he wanted to explore the mindset of someone who would essentially give up their humanity.

"If our audience leaves asking themselves what it means to be human, I'll be happy, because it means they're examining their own humanity in the face of all the animalistic tribalism we're seeing right now,"

# Not your mother's Meatloaf at Fireside Karaoke

**By Mike Buonocore**
*Castleton Spartan*

At about 7:50 p.m. on Sept. 28, students began to shuffle into Fireside Cafe, socializing and contemplating if they'd actually get the courage to step on stage to perform.

Many students arrived at the first karaoke night of the year and saw how many people were there and quickly decided that tonight wasn't the night.

However, as the night went on, nerves became less of an issue and having a good time was at the forefront of their minds.

"I love making a complete fool of myself," said Carolyn Laird, secretary of the Campus Activities Board, which hosted the event. "I think it's great that all the activities we do brings the campus together."

And while events like karaoke night supply fun and humor for many students, it also gives an opportunity for some to practice in their field of study.

"It helps me because I want to be a tech theater major, so it's a lot of good experience," said Alex Messier.

And helping out at these events makes Messier feel good, too.

"I enjoy doing these things because I get to see people having fun, so it always puts a smile on my face," said Messier.

Fireside employees get a kick out of events like this as well, with workers saying it offers something different in their day.

"It's entertaining," said employee Jill Davis, "I think it's great that the kids get on stage and take things a little less serious for a while. Makes the night go by a little faster too," she said with a chuckle.

Some students see an event like this as a way to show off their talents.

"Leading up to it, that whole week I probably sang it like 20 times in my car," said karaoke participant Brendan Crowley.

Crowley sang the 1977 rock song by Meatloaf titled "Paradise By The Dashboard Light" and did a great job. He was belting out the notes perfectly and had the crowd cheering, clapping, laughing, and loving it.

"It's weird because I've never done that and I never really pictured myself doing that, but at the same time I wasn't super nervous," said Crowley.

"Paradise By The Dashboard Light" is an 8-minute long song, and Crowley was well prepared to sing the whole song. The tempo of this song varies a lot, and Crowley didn't miss a beat. It was clear he was well prepared.

"Right before that night, I went in the shower and just nailed it, I think everybody in suite heard me singing it," he said.

Karaoke doesn't happen very often, so make sure that if you want to get up on the stage and show off your talent, you keep your eyes peeled for any advertisements.

"We have set activities so it probably won't happen again until next semester, but this was a pretty big hit so we might add another event," Laird said.

SELDON HILL / CASTLETON SPARTAN

**Castleton freshman Brendan Crowley sings "Paradise by the dashboard lights" at Karaoke hosted at Fireside.**

# Bocelli, Bernie and back rubs?

*Continued from page 1*

As I took a deep, confident breath, I was quickly interrupted by Bernie who said, "You're not going to ask me about marijuana are you?"

I was dumbfounded. I truly didn't know how to respond in that moment. I just started laughing, and responded with "Yes, actually I was."

He said, "Why do you think legalizing marijuana would be a good idea?"

Colorado had just legalized recreational marijuana at this point and made roughly $60.7 million in taxes and fees in the first SIX MONTHS.

Imagine how a plant can boost an economy to the point where they're practically giving the money away.

"Colorado has made so much money that they're funneling it back into schools and it's helping rebuild the state's infrastructure," is along the lines of what I said. But of course I was paraphrased in the local paper to look like a moron.

Anyway, Bernie said to me and I quote, "do you really want everyone in school to be stoned all the time?" Also, I feel inclined to add that I was given a full backrub by the senator as he made his point.

I felt like saying "they're going to be stoned regardless if their education is funded by weed money."

I guess he wasn't feeling the "burn."

Nonetheless, I respected Bernie. Even though he totally deflected my question. In retrospect, he was about to run for president. He probably didn't want to go on the record endorsing marijuana.

But I did what a lot of young people my age did and supported Bernie until the bitter end.

To this day, he's still fighting for our civil liberties and rights. Since he was a young man, he fought, and I believe he will fight, until he takes his last breath on earth.

That's the kind of person we want as president, not the bag of Cheetos we have in office now.

So when I heard he was coming to the school to announce his free tuition plan, I knew I had to get another word with the Bern Man, this time as a professional.

I sat through another speech and was again awed by his love and passion for the people in this country. I waited for my peers to take photos with him and thank him for advocating for our generation.

I nearly peed myself. I rehearsed my question over and over again to make absolutely certain it was compelling and most importantly made sense. I was reassured countless times it sounded good.

When the time came, I choked up. I'm not sure why, but it was very nerve wracking for me. I mustered up the courage to get his attention and finally the words came out.

"Senator Sanders, I also have a question for you."

He was all ears.

"Do you think the president and his current administration has exposed and normalized a side of the country that has always lurked in the shadows?"

This is a question that has been burning inside of me since Trump announced his campaign.

He replied by saying "I think that's a very good question. I think what he is doing is reaching, in a very terrible way, trying to appeal to prejudices that I had hoped were long behind us. I think his presidency is trying to exacerbate his prejudices and I think that is an awful thing."

If he didn't already have my heart, he would have won it 10 times over in that moment.

This was an experience that I will never forget. I am so grateful to have been given the opportunity to talk to Bernie again and hear his wisdom.

If I continue down this path as a journalist, I'm certain I'll have the chance interview him again. Maybe one day as our president? One can only hope.

COURTESY ORLEANS COUNTY RECORD

**Briana Bocelli was able to ask Sen. Sanders a question when he came to her high school at 17 years old. She interviewed him again last week at Castleton University, this time as a professional.**

# Wolk to Scolforo, a seamless transition

*Continued from page 1*

so I think that this community will hopefully feel comfortable with a more seamless transition because my leadership approach is very similar," Scolforo said.

According to Scolforo, Vermont has been where she saw her final destination in life. She is from New England originally and raised kids here. When she heard about the opening at Castleton, she thought this was her chance.

When she learned more about Castleton and how caring and thoughtful the campus is, she said she "felt like they were calling out to me."

"I wasn't even sure I was going to apply because I wasn't planning on leaving Central Penn," Scolforo said. "I don't think I applied until right at the end because if I applied I needed to be ready to go, because I knew I was going to want to go."

Scolforo's selection was also made despite an anonymous letter received by The Spartan and Spaulding detailing why she is unfit to be Caslteton's president

"Although the sender declined to identify him or herself, and our own process had shown Dr. Scolforo to be the right choice, we decided to check out the assertions carefully," Spaulding said.

# College debt makes higher education impossible for many

*Continued from page 1*

"I have less money in the bank now than I did when I was 21," Adamson said.

Monica Keith, another panelist, told a similar story of huge debts, but of her three children.

Two of her children have graduated from college, and the third is currently enrolled. Her first two sons' college education put her $100,000 in debt with student loans. And she will have about the same amount of debt in student loans when her daughter graduates.

When her first son went to college, they were awarded no financial aid because they increased the inventory of their family owned convenience store by $30,000.

This still was not enough to afford her son's college education.

"I wrote an impassioned letter to his chosen school, explaining our situation in detail and begging for more help. It left me feeling humiliated and inadequate," Keith said.

She is concerned about her retirement much like Adamson.

"We are fortunate to have good jobs that we enjoy because retirement may never be an option."

Sanders discussed the importance of education in terms of the future of this country as well. He said that more jobs will require education beyond high school in the United States, an estimated two thirds of them by 2020.

The jobs that students can get with a degree pay more, close to one million dollars more in a lifetime if you have a bachelor's degree Sanders said.

Sanders reported that some students are going abroad to countries that offer free tuition like Germany, where 11,000 United States students have chosen to get their college education.

"This is not a radical idea," Sanders said.

He spoke of the GI bill that allowed World War II veterans to go to college for free and he said it was one of the most successful pieces of legislation in our country.

"We created the biggest economy boom the country has ever seen and it's not coincidental," Rich Clark, political science coordinator and professor said.

Clark, although supportive of the idea because of its success did not think it is currently possible.

"I don't think that the political climate is such that it is likely to happen now," Clark said.

English Professor Burnham Holmes was more optimistic.

"It is a noble project and I think he is inspiring and making us believe that we can make it happen," Holmes said.

He also spoke about how he believed that this speech will inspire a movement on campus to try to make this happen because it affects so many.

High school students who attended the event were especially excited about the event and the proposal.

"I absolutely loved it, I'm all for it. Anything that takes a couple dollars off of college is definitely my sort of thing," Jacob Miner, a high school senior at Otter Valley Union High School said.

He is currently a participant in Castleton's early college program and wants to save as much as he can.

"Being able to hear what is going to be happening in the upcoming years for us (high school students) was definitely eye opening," Gabby Poalino, a high school senior also from Otter Valley, said.

Dylan Blair, a senior at Castleton University, believes that it is a policy that everyone should support.

"I think the policies he supports would be almost universally beneficial to the American people," Blair said, specifically in reference to the proposed legislation.

One high school student who attended the event was shocked that Bernie's legislation is not a new idea.

"What he said about how we used to have free college, that just sounded crazy that that ever happened," Madison Coombs, a high school senior from Otter Valley said.

President Dave Wolk spoke about Sanders during the event and he praised his work over the years.

"The message you hear tonight and the message senator Sanders gives wherever he is, no matter the odds, in public or private conversations is this, consistency. His message has never changed," Wolk said.

He said that Sanders always thought of how he could help people through his policies, and now Bernie asks us to help him make this legislation happen.

"Tonight I am asking all of you to act," Sanders said.

## Fresh Perspective:
# Loving the CU life

**By Brendan Crowley**
*Castleton Spartan*

For those of you who read my Fresh Perspective from the previous issue, I am very happy to announce that my cat is alive and well.

So is the rest of my family. Which is good.

I hadn't been home in five weeks. Before that, the longest time I've been away from home is like five days. So it was a little … weird. I was very happy to be home, that was awesome. But there was a new house in my neighborhood and the road that was under construction for about a year was finally done. I was only away for a month.

Plus, just the thought of going on vacation in my hometown is crazy. I had to pack to go home. It's something I've never experienced anymore.

I also realized that I really missed my high school. When I was a student there, I wasn't a big fan of that place. When I graduated, I was pretty happy that I was out of there. But when I walked back onto Stonington High School grounds, I was actually very happy to be back. It was all familiar to me. And I saw a bunch of my high school friends and some didn't even recognize me. My hair has never been as long as it is now.

In addition to all of that, only like three people from my high school went to a state college in Vermont, which means that I was one of the very few people who was home from college that week. I think this is the only state that has the five week rule. So everyone who saw me home probably thought I was a college dropout.

Anyway, on a completely different note, this whole newspaper thing is completely brand new to me. Before this, I have never had any journalism experience at all. I got an email from Dave Blow, and I saw something about sports writing. Now I love sports, so I thought I'd try it out.

It's especially insane because if you see my sports feature in this addition, I went to the ESPN campus in Bristol, Connecticut. I just randomly join the Spartan and then a few weeks later I'm at ESPN. It's awesome.

We went into the studios, I watched NFL Live live, and I saw Herm Edwards. When I was in high school I'd watch SportsCenter on ESPN all morning. And then when it switched to ESPN News I'd also switch to ESPN News. I'd basically have the order of the show memorized. So going to Bristol was super surreal.

Overall, college is still going great. I love it here. Shout out to Audet 102.

# Leavenworth is a family

*Continued from page 3*

They all say that the level of respect that they give one-another and receive is the cornerstone of their community, but something else also seems to be gluing them together.

"We have a group of not just professors, but students," says geography professor Scott Roper, "who help each other and appreciate each other."

He also points to Leavenworth Administrative Assistant Pam Alexander.

Alexander is someone every single professor mentions when faced with this question. Her office is tucked into a corner right at the entrance to the English Department. Her award on the wall reads "Outstanding New Faculty and Staff, "and it is decidedly too small for the reasons it exists.

Alexander has this list that she keeps neatly filed away in a drawer – a list of the birthdays of every faculty member in the building. Every month, Pam bakes some sort of dessert and makes up a colorful list of each member of the faculty whose birthday falls in that month and leaves the spread in the faculty lounge upstairs.

ZACH CASTELLINI-DOW / CASTLETON SPARTAN

**Administrative Assistant Pam Alexander is a big part of the Leavenworth Hall family.**

When asked what her colleagues mean to her, Alexander said, "They're the most considerate and respectful group I've worked with here in Castleton," adding it's that, "consideration" that grants her this energy to do things for the staff.

"It's really, really cool for us to feel valued like that – to make us feel important," says Chill, adding that her efforts help to alleviate stress and boost "morale."

The stories don't stop there, and they even include Leavenworth's longtime custodian, the always smiling Tita Annis. Leavenworth dwellers say it would be impossible to get down all of the people who have helped van der Spuy, detail all of the ways students appreciate the community in Leavenworth and describe the effort that Pam Alexander builds on to help the community and keep it together.

Perhaps van der Spuy summed it up the best when she said, "Tita and I agree, both of us coming from other countries with no relatives in the U.S. – the Leavenworth community is our family."

# Students, profs. debate classroom rules

*Continued from page 3*

"We took the time to formally write a good response and they are like 'yeah it's fine, lol,'" Ireland said

Sweeney said that she puts a lot of time into e-mails to professors and many times she gets short responses that are more informal.

"I am very polite, very formal and then I get a response that says 'From my iPhone, Hi,'" Sweeney said.

But Ghosh said a majority of students aren't very formal in their e-mails. She said they often do not identify the class they are asking about and ask questions that could be answered by looking at the syllabus.

"I put a lot of time into my syllabus and it still doesn't work," Ghosh said.

Ghosh shared her syllabus and spoke of her policy on how to construct an e-mail.

It says that students must state their name, what class they are in and then state the reason for their e-mail.

She does not reply to students who ask a question that is answered in the syllabus.

Other professors do not mind students being informal in their communications, they just want them to be polite.

"I do wish people would use the conventions of the language. I'm not one for text speak in e-mails," Wiles said.

Some, like business professor Ed Dansereau, even give students his cell phone number to contact him if it is just a quick question that needs a quick response.

Of the students interviewed, however, all agreed that it was frustrating how long some professors take to respond.

Ireland and Hemple, both agreed sometimes professors take too long, but their definitions of "too long" varied.

"At three hours I would probably give up," Ireland said. She said usually her e-mails are about assignments so she needs a quick response.

Hemple said she has waited as long as a full week for a response.

"Enough time for me to go back into the classroom to say 'hey, I sent you an e-mail; I don't know if you go it, but I still haven't gotten anything back.' Most often than not they say 'I haven't gotten a chance to read it and write back yet,' which is kind of frustrating when it comes to academics," Hemple said.

Sweeney said that she once waited four days for a reply. Her response was to send another e-mail with the previous one copied in it after asking if they had gotten it originally. She got a reply a half hour later.

Professors interviewed said they do their best to reply as quickly as possible.

Ghosh said that she makes sure to respond to e-mails at the end of the day when she gets home. Dansereau checks and replies to e-mails twice a day.

The last major college etiquette complaint common among professors and even some students, is cell phone usage in the classroom.

Ghosh has a rule in her classroom that students must put their phones on the table at the front of the classroom on a flashcard that says their name.

"Students have later told me that it freed them from having to respond to text messages," Ghosh said.

She admits, however, it does not always work. She said one time, when students were meeting in groups she was walking around the classroom and speaking to each group and one girl had her phone out. She was speaking directly to the student and the student was texting inside the opening of her backpack and ignoring Ghosh.

"It's that automatic for students," Ghosh said, meaning they are always texting.

Other professors allow students to use their phones in class.

"I've given up. I used to have policies. I used to say no electronic devices," Dansereau said. He said people ignored the rules and still used their phones.

Wiles said that he does not like cell phone use in the classroom, but he does not do anything to stop it.

"My position is students like to tell me they're adults so I take them at their word and if they want to spend the time that we have in class fiddling with their cell phone, go ahead," Wiles said.

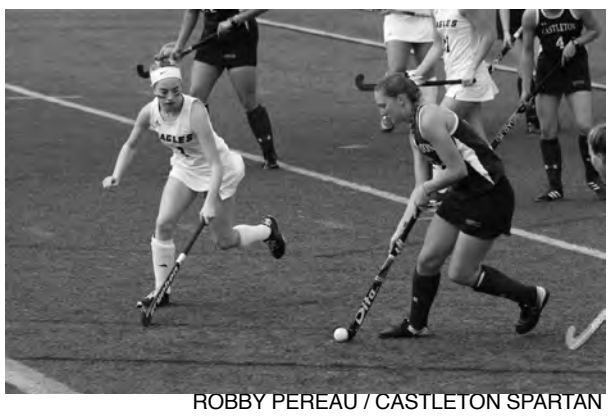
But the distraction is not limited to professors.

"I get annoyed when they use their phones or laptops for non-schoolwork because I get distracted by it too," Ireland said.

But junior Elisa Covey said students should be allowed to use their phone if they want.

"If a teacher gets mad at me for being on my phone, they might think I am being disrespectful, but I am going to be the one getting a bad grade for missing something," Covey said.

# Spartans fall to Eagles on senior day, 4-2



ROBBY PEREAU / CASTLETON SPARTAN

**Mariah Linnett, right, pushes the ball up the field against Husson at Spartan Stadium.**

**By Robby Pereau**
*Castleton Spartan*

Coming off of a loss at Keene state, the Spartans returned to the field on Saturday for the squad's senior game.

Despite a late push, Castleton could not get it done and fell to the Husson, 4-2, on a warm October afternoon at Spartan stadium

Neater side could get a goal through in the first 20 minutes of play, despite breakaways from both teams. That changed in the 20th minute of the game when Sadie Royer of Husson broke away, and had the Spartan keeper one on one, she knocked it through and started the scoring for the visiting Eagles

The Eagles notched two more goals, in the 31st and 35th minute to take a 3-0 lead into the half but the Spartans would not go away quietly.

Despite a Great defensive showing from the Eagles, which included eight saves from their goalie Anne Marie Provencal, Castleton found some momentum and pushed two goals past the staunch Husson D

In the 48th minute of play Casey Trail broke away and ripped a one timer past the Husson goalie, and the momentum began to build. 10 minutes later Castleton found the back of the net again on a goal from Emily Lowell which narrowed the lead to one.

The late push from the green and white was not quite enough, and Husson notched one more in the 67th minute to make the score 4 -2 where it would stay.

"The growth from the start of their career, their constant and continuous improvement and the way they play the game" is what Spartan coach Jessica Kishcko is most proud about when thinking back on the last four years she has spent with her seniors.

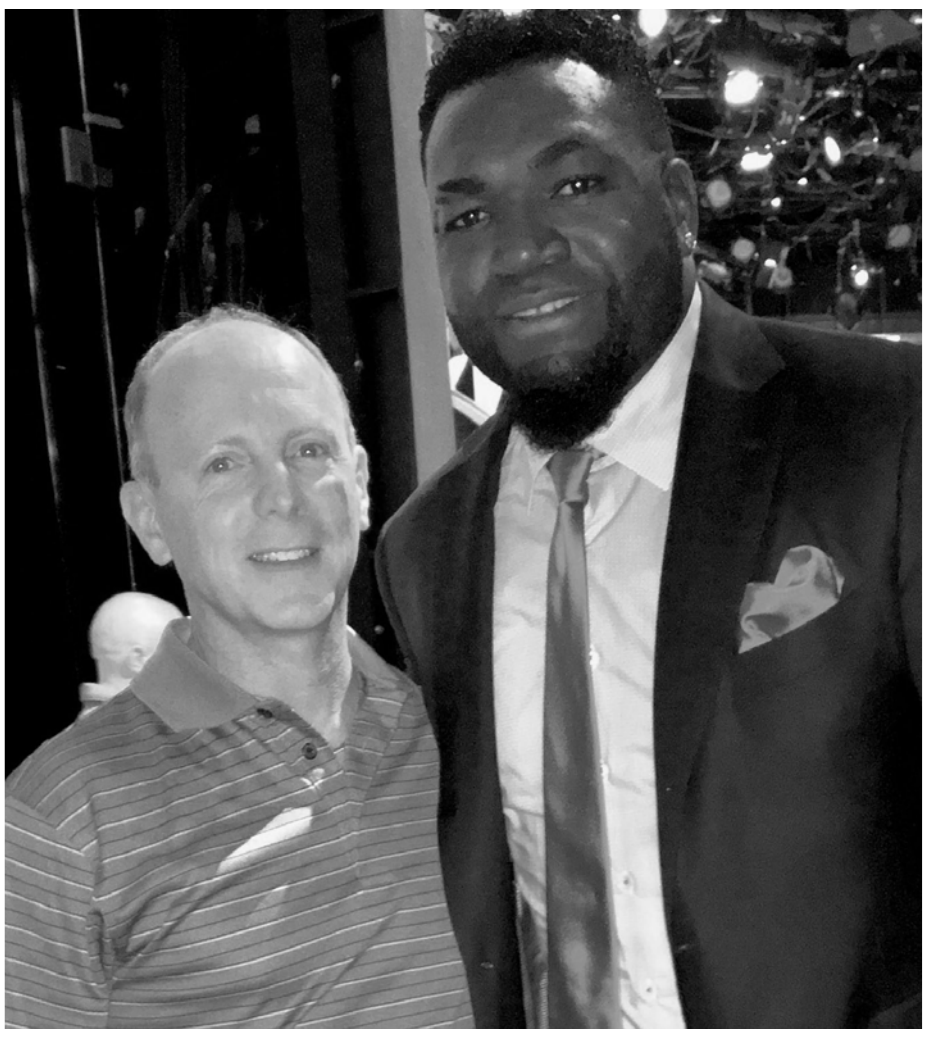
Field hockey falls to 8-8 overall and 2-2 in league play

The Spartans return to the pitch Wednesday night as they take on Fitchburg state under the lights at Spartan Stadium.

# Not so unreachable dream job

## Castleton Alum Jay Sullivan has enjoyed a 29-year career at ESPN

**By Brendan Crowley**
*Castleton Spartan*



COURTESY OF JAY SULLIVAN

**Jay Sullivan poses for a picture with Boston Red Sox legend David Ortiz, above. Sullivan, top right, Stands in front of the retro ESPN sign. Trey Wingo talks about Damien Woody's 'dumpster fire" teams while hostsing NFL Live on ESPN.**

As I reached the city of Bristol, Connecticut, and took the left off of route 72 onto Middle Road, I saw the large, beautiful building staring into my eyes.

Facing the road was a gray and red sign. Four letters were printed on the front. I got out of my car to find the visitor's center, but a very helpful employee gave me the shocking news. I was not even at the main campus.

A couple miles further down Middle Road was where all the magic happens. Accompanied by numerous buildings and plenty of satellites, I reached the 87-acre ESPN Bristol Campus, home to 4,000 employees. One of them, a Castleton graduate from the Class of 1988, has worked there for almost 30 years.

On September 7, 1979, Jay Sullivan watched the first ever television broadcast of Sportscenter. His love for ESPN began there, and now he will reach the 30-year milestone at ESPN in July of 2018.

Through those years, he has had quite the experience, meeting countless stars, watching the ESPN corporation grow, and building his career off of an entry level job in the mailroom.

Deeming himself a "sportsaholic," the current member of an ESPN marketing/promotion group summed up his love for sports with a strong and passionate statement, one that all huge sports fans can relate to.

"Sometimes fantasy [sports], like when I get on the computer and I start looking at fantasy, I literally think I get high."

Sullivan majored in communication at Castleton University. He wrote for the Spartan, which looked much different back then, and he even had his own radio show on WIUV. With a goal of being a sportscaster on camera, he did everything he needed at Castleton to prepare himself for television.

He credits his strong preparations to his old communications professor, Bob Gershon, who retired last year. Sullivan praised Gershon for his dedication to the program.

"He was in charge of all the TV work, he maintained the equipment, he did everything in terms of that TV studio, and basically he was like a genius, he was brilliant. I couldn't have had a better person to learn from on things like that.

He was definitely hard on you, he expected the most, he was really preparing us. We didn't really know it at the time, but he was preparing us for what it was going to be when we went to get those jobs in the field of TV."

Gershon had similar praise about Sullivan as a student. "Jay was a … great student in the kinds of work we did in production classes. He was a good producer, director and 'shooter,'" he said. "Jay was a great guy -- always there for the other guy, always with a supporting comment, and particularly with a kind of sideways sense of humor."

"I'm so happy he's at ESPN," Gershon said.

Sullivan networked his way into his career. His mother, who worked at a hospital, had worked with a woman whose son worked at ESPN.

After years of waiting, Sullivan was finally able to meet with the ESPN employee, Ray Stenso, in Meriden, Connecticut while he was doing a radio show. After the show, Sullivan was able to give his resume to Stenso, who then forwarded it to hiring. About a month later, the phone rang.

ESPN called his house to inform him of two interview opportunities for entry-level positions: either a productions assistant or a driver messenger in the mailroom. Sullivan was shocked, "I was like beside myself, like 'what?'" He was convinced that he would get the productions assistant opening, but a week later, he was offered a new job, a driver messenger for ESPN.

Sullivan's job was to shuttle people to and from the campus, as well as driving to airports around the area to pick up tapes, with video from all over the country, that were being sent to ESPN. Packages were flown in, and he had to go pick them up and bring it back.

On his first day of work, he picked up a man named Jim Kaat. At the time, he was one of the few people to play baseball in four different decades. He was a baseball announcer and analyst for ESPN.

Sullivan was appalled. "Here I am, I'm driving with this guy next to me in the car! We're talking baseball, I'm like this is the greatest job ever."

From there, he eventually became a production assistant working on SportsCenter. After that, he transitioned to a remote productions assistant working on the NFL draft, PGA and senior PGA Tour, kickboxing, soccer, the College World Series, and other college sports. Then, he began working in a marketing/promotion group. But not just any group, the same group that was responsible for the famous "This is SportsCenter" commercials.

Now, Sullivan is in the promotions department. "I write all the copy for all the talent, whether it's a game on the road, an event, or in-studio, for every game we have on our air," he explained. In other words, for example, whenever ESPN is airing an event, such as an MLB playoff game, and an anchor reads a promotion during a show for that game, Sullivan is responsible for writing those mini promotions. He also maintains a website that has information about those games or events.

Over a 29-year period of working there, Sullivan discussed how teamwork is an important part of working behind the scenes at ESPN. "It's literally like a baseball team or a football team, where everybody has to work really closely together." As he took me on a tour of the ESPN campus, I was able to witness what he was talking about. We watched a live show that was currently on-air, NFL Live, and all of the productions workers were very in-sync.

Everything was smooth, relaxed, and scripted perfectly right to the second.

Sullivan has worked with, and developed friendships, with some notable people, as well.

He writes his promotions for anchors like Trey Wingo, Bob Ley, Lisa Kearney, Sage Steele, and about 50 others. He was once close with Dan Patrick back in the day, going to dinner with him after work. He used to play hockey with Mike Tirico, Chris Myers, and of course, Barry Melrose.

Then, there's the athletes and coaches. Jay Sullivan has met so many athletes and coaches in his time at ESPN. David Ortiz, Roger Clemens, Peyton and Eli Manning, Drew Brees, Tony Romo, Jimmie Johnson, Brad Keselowski, Kyle Busch, Gordie Howe, Carli Lloyd, Alex Morgan, LeBron James, and Dwyane Wade, Breanna Stewart, Pat Summitt, and Geno Auriemma were all included on his list. He's also met some notable actors, including Dwayne Johnson, Samuel L. Jackson, Will Ferrell, and Ben Stiller. Imagine having a job where meeting famous people becomes normal.

He even has a memorable story with Chris Berman. When Sullivan became a production assistant working on SportsCenter, he was operating the teleprompter. At that time, everything was copied on paper, and taped down to the conveyer belt.

About five minutes away from air, Chris Berman realized he left his copy in the newsroom. Sullivan flew up two flights of stairs, grabbed his papers, and ran it back down. To this day, Chris Berman remembers that day clearly.

As a person who would watch ESPN all day, it was a surreal experience touring the ESPN campus. At one point, I was sitting in the ESPN parking lot, while listening to ESPN radio, and watching ESPN's snapchat story. It was insane. For Jay Sullivan, this is his career.

# Many say punt, others say go for it

**By Dylan Blowers**
*Castleton Spartan*

Go For It!

In the year that I have known men's head basketball coach Paul Culpo, there are a few things that I've learned he believes in: Lebron James is the best player to ever play, Lonzo Ball may someday surpass him, and going for it on fourth down makes the most sense. While my opinion on the Jordan-James debate may hold less weight because I never saw MJ play, and I don't want to believe the Ball hype, I agree completely with fourth downs, and I will tell you why.

If you've ever played a game of Madden, I'm sure you've come upon this situation. You would be facing a 4th and 10 from your own twenty-five-yard line 3 minutes into the game, when you would run a dinky screen play or throw a deep ball that was tipped and caught for a first down, leading your opponent to almost send his controller through the screen. Let me clarify by saying that this cocky, irrational, video game logic is not smart, real life 4th down management. But neither are any of the following instances.

Unranked LSU, who was at one point down 20-0 to tenth ranked Auburn, had come alive the second half and was down 23-21 with two and a half minutes left and facing a fourth and inches. INCHES! Commentators described the first down marker as being, "less than the length of a football away". Instead of going for it, they put freshman kicker Connor Culp at the line for a 42-yard field goal. Thankfully, he nailed the field goal, Auburn turned the ball over on a 4th down the next drive and LSU came out with the upset over their SEC rival. Kicker blunders are famous even in the NFL however – if you're a Bills fan, you might painfully know the term "wide right". So why put a freshman kicker on the line for a long clutch field goal when you could FALL with the ball and get a first down, get closer for an attempt, burn some clock and force Auburn to use some of their three timeouts? LSU easily could have lost the game on this decision.

Want a recent example from Sunday that happens all the time? Take Chicago and Baltimore this past week. The game is scoreless four minutes into the second quarter, and Mitchell Trubisky in his second career start is driving the Bears inside the Ravens' ten-yard line. After an incomplete pass, Chicago faced a 4th and 3 from the five-yard line. And out came the field goal unit immediately. You might think that since the game was scoreless, the Bears made the logical move taking the sure thing three points.

There are a few logical results, however, that could happen should Chicago had lined up to go for it, and none of them are particularly bad, (and one is great). A) They line up, hoping to draw Baltimore offsides for a free first down, end up taking a timeout and kick the field goal anyways. Same three points, and all you lose is a timeout. It doesn't hurt to try. B) First down is gotten, and they end up scoring a touchdown, four more points than the field goal. C) Defense holds strong, and let's say Chicago loses two yards and hands the Ravens the ball at the seven. This would've been the worst-case scenario. Make the Baltimore offense, which had gained 31 total yards on their three first drives, drive 90 plus yards down the field for a touchdown, or even 60 yards for a field goal. The reward (a highly likely touchdown) heavily outweighs the risk here.

There are too many instances like the Bears-Ravens one that occur. Head coaches need to learn to start risking it on logical fourth downs. Valuable points are being left on the board.

# Husson ends Castleton's winning streak

SELDON HILL / CASTLETON SPARTAN

**Wyatt Prue makes a tackle near the line of scrimmage in Castleton's 35-31 victory against Mount Ida on Oct. 7 at Spartan Stadium.**

**By Tim Brosnan**
*Castleton Spartan*

The Spartans suffered a 49-0 defeat on the road this past Saturday against the Husson Eagles. Despite riding high after a three game stretch, Castleton's win streak was abruptly halted. This matchup was expected to be difficult, but nobody could have predicted the Spartans would be shutout after averaging 30 points per game these past three weeks.

"We knew it was going to be a tough one," said senior linebacker turned fullback, Chris Oettinger, "Husson was the best team in the conference coming into this game and they always give us a hard time when we play them. That being said, I expected us to play a lot better than we did."

The first quarter could not have gone worse for the Spartans as they turned the ball over twice, gave up 21 points, and lost powerhouse running back Moe Harris for the game after he appeared to suffer a concussion. Tests later came back negative but the coaching staff elected to hold him out of the rest of the game regardless.

"I felt helpless," said Harris, "There's nothing like watching your brothers go to war knowing you cant do anything but watch it happen. It's like my hands were tied behind my back. There's nothing I wanted to do more than go out, play, and help them keep going and put some points up."

After Husson scored on their first drive, it was evident from the Eagles confidence and the Spartans body language that this was going to be an uphill battle. But this was just as much a story of Husson playing exceptionally well, as it was a story of Castleton playing bad.

The Eagles seemed to be asserting their will on almost every play, as well as playing lights out on defense (150 total yards allowed). They forced 6 three and outs and racked up 42 points in the first half against a clearly outmatched Spartans team.

"Their offensive line played really well," said senior linebacker Cam McHale, "It obviously helps when you have an outstanding player like John Smith who has the speed and vision to bounce runs to the outside like he was."

Eagles star running back John Smith rushed 18 times for 96 yards and scored 3 touchdowns. He went over 1,000 rush yards for the season in this game, which is particularly impressive considering this was just Husson's sixth game of the season.

Eagles quarterback Corey Brandon had more touchdown passes than he did incomplete passes (4 to 2) and as a result sat most of the second half. Meanwhile, Spartans quarterback Mitch Caron had a much less fruitful evening. He followed up his best game of the season with possibly his ugliest career performance (6-19, 53 yards, 3 interceptions, 0 touchdowns). Roughly 65% of Castleton's total yards came from their rushing offense. The Spartans were clearly convinced they could not beat the Eagles through the air. They attempted just seven pass plays in the second half as opposed to nineteen rush attempts.

On a positive note, the Spartans defense allowed just 7 points in the second half. McHale cited personnel changes, for Husson as well as Castleton, as one of the major reasons the Spartans were able to slow the Eagles scoring onslaught.

"It definitely helped for us to get some fresh legs in the game. I mean, we were playing against their second team offense for most of the second half, but I still think we did a good job not allowing them to score or move the ball very much."

The Spartans will look to get back on track Saturday as they host the Dean College Bulldogs.

"These things happen," said Oettinger, "All we can do now is look forward to next week."

# Chasing the checkers

## Young talent Cam Gadue shines at Devil's Bowl Speedway

**By Brendan Crowley**
*Castleton Spartan*

In his rookie season racing in the Portland Glass Mini Stock division, Cam Gadue exceeded everyone's expectations, including his own.

The 18-year-old freshman at Castleton University shocked the Devil's Bowl fans, finishing second in his division. He took the checkered flag in the final race of the season on September 2nd, solidifying his spot as the runner-up.

It was his second win of the season, not to mention his six top-3 finishes.

Gadue was not expecting this immediate success. "Going into the year, I just expected to basically ride around in the back and not really be a contender," he explained. "I ended up doing a lot better throughout the year than what I thought.

For most of Gadue's first race ever, he ran in the middle of the pack. However, with five laps to go, he wrecked his car and finished in 10th place. That ended up being his worst finish in the entire season.

And not only did Gadue win his final race of the season. That race was the final race for his division on Devil's Bowl's asphalt track. After this past season, Devil's Bowl Speedway will transition to a dirt track. Justin St. Louis, the Media/Marketing Director and announcer at the speedway, explained the decision.

"The most successful years were when it was a dirt track, and that's what the clear majority of fans and drivers want. Our asphalt track had a good run for a while, but dirt racing is trending upward in a big way right now across the country and it's no different here in Vermont," St. Louis said. He added that there is a bigger financial burden on the drivers for asphalt tracks.

Conversely, Gadue prefers asphalt tracks because they are more predictable and easier to control. Plus, he states that cars go faster on asphalt. "I like going fast."

The driver of the #23 car, a modified 1998 Chevy Cavalier "mini stock" racecar, can now say that one of his biggest accomplishments was winning one of the last races on that asphalt track.

He bought his beloved car from Dale O'Neil, who won a championship with the same car at Airborne Park Speedway in Plattsburgh, New York in 2016. But Gadue credits his surprising success to confidence. "I got better and better at driving the car. I learned how to drive it faster, I learned how to make my entrance into the corner a lot smoother."

St. Louis added his thoughts on Gadue's growth, saying that "He drove one of the best cars in the region as far as the Mini Stock division goes, and I think that accelerated his learning curve,"

COURTESY OF CAM GADUE

**Cam Gadue poses next to his car after winning a race at Devil's Bowl Speedway.**

St. Louis said. "Cam and his dad are great people, too, and that made them a lot of fun to have around."

Roo Forrest, who raced alongside Cam and finished 3rd in the division standings, praised Gadue as well. After some tight battles on the track, Forrest believes that he actually made him better. "Cam pushed me each week to become better because I knew that he was going to be better each race," he said.

Mikayla Hull, a friend and fan of Gadue, talked about the excitement she felt watching a longtime friend leave it all out on the track. "It was really thrilling to watch, especially because him and another guy were neck in neck. It was so exciting to see him win it."

Cam Gadue described the experience inside the race car as very hot. The heat is unnoticeable while driving, he explained, because all of the focus is on racing, but once there is a caution, the heat catches up. Volume is also a factor, as the noise from the exhaust of his competitors can get quite loud. "That part can actually be kind of intimidating," he said. "When you're side by side with someone and their car is screaming in your left ear."

As his first season at Devil's Bowl came to an end, the runner-up reflected on his accomplishments. Motivated by his love for racing and his favorite NASCAR driver Bobby Labonte, Cam Gadue fulfilled his childhood dream of driving a race car. It took him the whole season to realize it, but as he practiced for his final asphalt race, the realization of his dream come true hit him.

And just to add one last exclamation point to his season, Cam travelled to New York to do one last race at the Airborne Park Speedway dirt track. Gadue, a young man from Vermont, showed up at that track and took first place. All he had to say was, "Unbelievable!" Gadue ended his year with three wins, all which came in the middle to ending stages of the racing season.

# Spartan sports at a glance

**By Jordan Lumsden**
*Castleton Spartan*

### Men's Cross Country

Two Spartans grabbed top-5 finishes at the Western New England Invitational on Oct. 14 in Springfield, Massachusetts. Grandon Smith led the charge for Castleton posting a time of 25:52 to capture the individual meet title — his fourth in five races. Smith finished 36 seconds in front of his nearest competitor in the 8k race. Gannon McKearin crossed the finish line in fifth place with a time of 27:32. The team was able to capture a fifth place finish. The Spartans race next when they head up to University of Maine-Farmington for the North Atlantic Conference Championships on Oct. 28.

### Women's Cross Country

Kaylyn Crompton paced the Spartans at the Western New England Invitational on Oct. 28 posting a fifth place finish with a time of 26:25. Miranda Messeck was the next Castleton finisher, crossing the line in 22nd place with a time of 28:22 in the 6k race. The Spartans race next at the NAC Championships at the University of Maine-Farmington on Oct 28.

### Golf

Two Spartans ended the first day inside the top 25 of the NAC Championships at Berkshire Country Club in Pittsfield, Massachuttes. Jon benson posted an 11 over par score of 83 to end his day tied for 18th place. Jordan Ayer ended the first day two strokes behind Benson shooting a 13 over par 85 to land him in 23rd place. The Spartans competed in the second day of the NAC Championships on Monday but due to publication deadlines *The Spartan is* unable to report the final scores. to see final results, visit castletonsports.com.

### Men's Soccer

After starting the season 1-5-1 the Spartans have been able to turn it around in the second half of the season. Castleton is now 6-1-1 in its last eight games and looks to carry that momentum into the playoffs. Currently sitting at 7-6-2, the Spartans have a pair of games on Oct. 22 and Oct. 23 to close out the regular season against conference foes Maine-Maritime and Husson respectively. Castleton sits at second place in the NAC at 5-0-1 behind the offense of Serphin Iradukunda, who has six goals and two assists in conference play to lead the NAC in goals and in points with 14. Aaron Parker has posted a goals against average of 0.71 with an .867 save percentage in six NAC games.

ROBBY PEREAU / CASTLETON SPARTAN

**Bronwen Hopwood makes a defensive play on Middlebury's Emma Shumway in their game on Oct. 11 at Spartan Stadium.**

### Rugby

The women's rugby team has struggled to put together a win this season. Currently the team sits at 0-5-1. After losing to LIU Post 15-12 early in the season. The women were able to bounce back, however, and tied LIU Post 10-10 in their second meeting on Oct. 15. The Spartans take the field next against the University of New England at 6 pm on Oct. 21 in Portland, Maine.

### Women's Soccer

After a tough loss to instate rival Middlebury, 3-0, the Spartans look to bounce back and finish the season strong against NAC competition. Castleton is currently 6-7-1 behind a strong defense and solid goaltending. The team has a 1.46 GAA and Kiley Baran has come off of two shut performances, earning her NAC defensive player of the week honors. The Spartans take the field next against Maine-Maritime on Oct. 21 at 12 pm at Spartan Stadium.

SELDON HILL / CASTLETON SPARTAN

**Cam Rossi-Crete makes a move past SUNY Canton defender Maurizio Paniconi in their 6-0 win on Oct.14 at Spartan Stadium.**

### Tennis

The women's tennis team finished with an impressive 9-5 this season and 6-1 in the NAC but fell to Husson in the NAC playoffs on Oct. 7 at Colby-Sawyer. Megan Nadler had a breakout freshman season going 13-1, winning her final eight singles matches. Three Spartans also finished their collegiate careers, as Castleton will graduate Ciara Bannister, Lauren Reck and Kayla Zsido.

### Volleyball

The women's team has struggled to string together wins this season They're currently 5-13 and 1-4 in NAC play. Freshman, Shannon Manchester has shined this year, recording 92 kills to lead her team with only 62 errors. Manchester also leads the Spartans with a 1.59 kill/save ratio. The Spartans return to action next when they travel to Lyndon St. on Oct. 21 to face Lyndon and Johnson St. back-to-back at 10 a.m. and 12 p.m. respectively.

Castleton Spartan
CASTLETON UNIVERSITY'S STUDENT NEWSPAPER
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# 'Me Too' campaign sweeps the nation, CU

**By Sarah Liell**
*Castleton Spartan*

#MeToo is powerful. It is important. It is brave. It is real.

In light of recent allegations in Hollywood against Harvey Weinstein, the statement, "Me Too" has been posted on social media by millions of women to show that sexual assault is everywhere, and it happens to the people closest to us.

The "Me Too" hashtag was a response to a call to action by Alyssa Milano, an actress and activist, who tweeted that this social media campaign, "might give people a sense of the magnitude of the problem."

And it has.

"Lots of women and lots of really close friends were posting and sharing that they had been sexually assaulted or harassed. It was saddening to see that this is happening on such a wide scale," said Ryder Hathaway, a senior at Castleton University.

After witnessing numerous people posting the hashtag, he said it was, "disturbing and eye opening."

Sexual harassment happens everywhere. The workplace, college campuses, bars, on the street, and on Capitol Hill, with our current president having even bragged about it.

According to a study done by Cosmopolitan Magazine, one in three women have been sexually harassed at work.

Sexual harassment is defined by the American Association of Women as, "unwelcome sexual advances, requests for sexual favors, or other verbal or physical conduct of a sexual nature." This type of sexual abuse occurs frequently when there is a power differential between people, according to Castleton University Dean of Students Dennis Proulx

Many celebrities including Lady Gaga, Reese Witherspoon, Gabrielle Union and Terry Crews have all shared their stories about being sexually harassed or assaulted, usually by a director or a wealthy, powerful man in the movie business.

The U.S. Department of Justice defines sexual assault as, "sexual activities such as forced sexual intercourse, forcible sodomy, child molestation, incest, fondling and attempted rape."

Some people feel that definition is far too limiting.

"It's is not just back-alley campus rape. It's not always Brock Turner. It's when you wake up in the morning and don't want to be with the person lying next to you. That is rape. That is sexual assault," said Karsen Woods, a recent Castleton graduate, who posted "Me Too" on her various social media accounts. After noticing a few "Me Too" posts, Woods said she wanted to, "make a quiet but bold stance."

"My position in the world gives me a voice that I should use to lift other voices," she said. Woods founded the Castleton University chapter of Planned Parenthood Generation Action.

In response to her post, Woods received a lot of love and compassion. But along with the kind words, she also received something very alarming.

Her assaulter liked her Facebook post.

"I genuinely think that he did not realize that he assaulted me because that type of behavior is so normalized," Woods said.

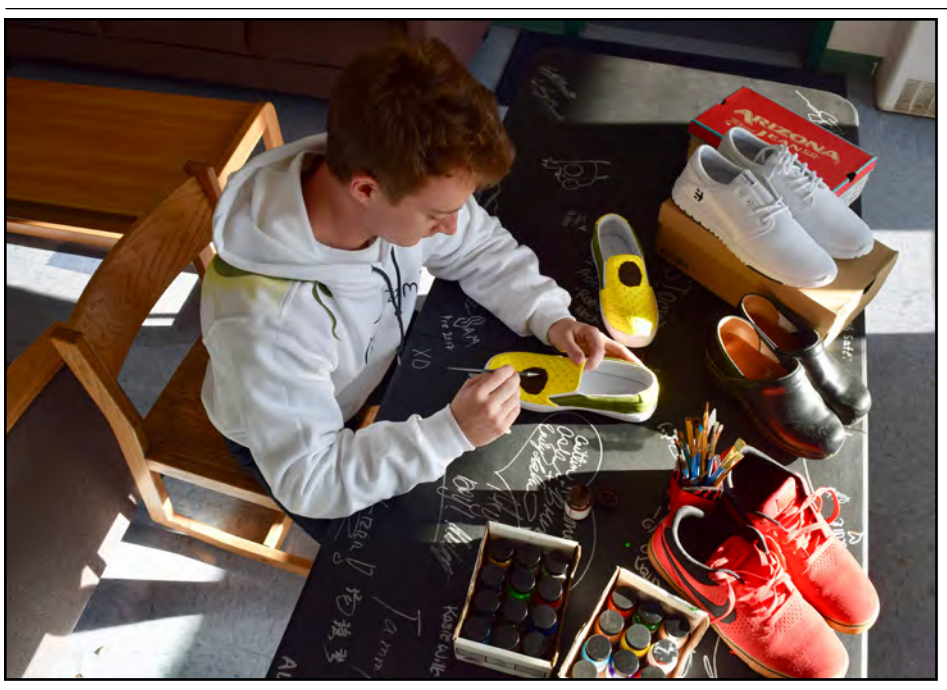
"Me Too" has given victims of sexual assault and harassment a platform to share their stories. The statement gives a fresh voice to an old problem. It's a problem that Tarana Burke was trying to address over 10 years ago. Burke is the creator of the "Me Too" movement and her ideas were the inspiration for Milano's social media campaign.

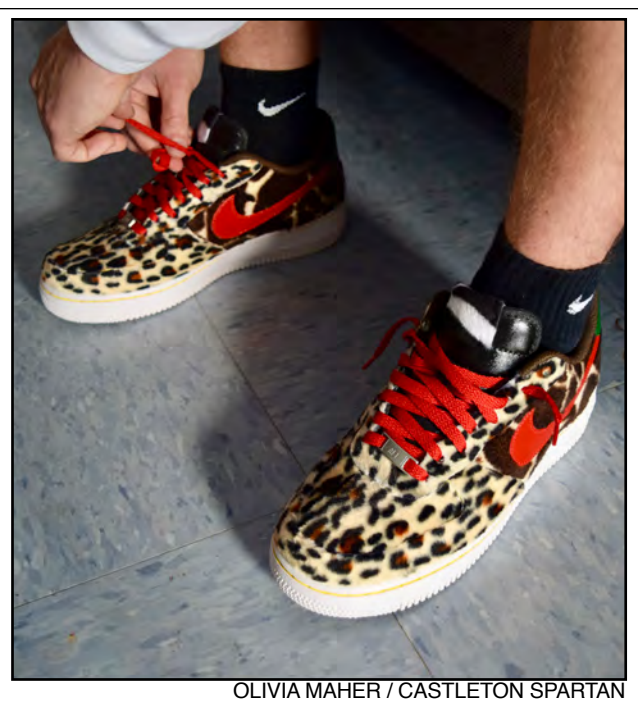
"What the #Me Too campaign really does, and what Tarana Burke has really enabled us to do, is put the focus back on the victims," said Milano, in an interview on Good Morning America.

*See 'Dating' on page 6*

SARAH LIELL / SPARTAN CONTRIBUTOR

**The #MeToo social media campaign has gained momentum across the nation since the Harvey Weinstein sexual assault scandal surfaced online.**





OLIVIA MAHER / CASTLETON SPARTAN

**Lover of art and design, Adam "Chewy" Chouinard, revamps sneakers out of his dorm room for CU students. He's a graphic design major who hopes to one day open his own design company to use his skills in the real world.**

# Custom kicks

**By Mike Buonocore**
*Castleton Spartan*

Having a hobby that can make you money sounds good, right? Being able to still perform that hobby at college and making money at it? Even better.

Adam "Chewy" Chouinard is running a business out of his dorm room tricking out students' sneakers and shoes into literal works of art.

"Growing up I was always into sneakers, art, and design," said Chouinard, who started college at Burlington College, a school smaller than most high schools.

It was there Chouinard met a lot of people who influenced him in pursuing his love of art. Spurred on even further by shoe painters he found on social media, Chouinard decided to start doing it himself.

"I put two and two together – my love for sneakers and art, and started working with it," he said.

He has put all sorts of artwork on shoes, from loafers with tigers and snakes to leopard print Nike Airs.

And his major, graphic design, is helping his goal of being an entrepreneur when he gets out of college, maybe even starting his own large-scale design company. And he already gets the word out about his company using skills he has learned through classes.

"Being a graphic design major I've had the opportunity to learn Photoshop and other programs that have allowed me to make my own advertisements," he said.

His go-to mode of advertising these days, however, is Instagram. Most college-aged students have an Instagram account, so it is a very effective way to market, he said.

"I use Instagram as sort of my main way of posting my work and getting feedback," Chouinard said. "I get a lot of love and a lot of inquiries through Instagram, and recently I just made my own Facebook strictly for my custom shoe business."

*See 'Chew' on page 6*

# Kid saves mom from abuse

**By Jac Culpo**
*Castleton Spartan*

Abuse can happen to anyone. That was the point that freshman Zachary Pollicino tried to make when he got up in front of the whole freshman class to give a speech on abuse as part of a PAC (Peer Advocates for CHANGE) presentation. But this wasn't just your average speech, this was a speech about his own personal experience with abuse.

He began by setting the scene. He's a 6-year-old boy at the time living with his at the time alcoholic mother and her abusive boyfriend, Reese, in Pheonix, Arizona. "I remember one day in particular, better than any high school football game, any party, any prom, it is the clearest day in my memory," Pollicino said during his speech. He had angered his mother's abusive boyfriend and Reese exploded. His mom was dragged to the bathroom and locked inside. Pollicino was thrown against the wall in his bedroom as if he weighed nothing.

"All I wanted to do was get my mom out of the bathroom," Pollicino said in his speech. He snuck down the hallway, let his mom out of the bathroom and brought her back to his bedroom. Using a little flip phone, he called 911 while consoling his crying mother. The two of them snuck out into the hall to leave but standing at the other end was Reese screaming and holding a gun. Without thinking, Pollicino, at the age of six, shielded his mother with his own body. Luckily the police arrived before any shots were fired.

The auditorium was dead silent when he finished. As he walked off the stage, the crowd of freshman erupted in applause. Those who listened were caught off guard by his story and the message that came with it. "Zach as a person seems like he's outgoing and everything's been normal, but when you hear his story it's kinda shocking," Isabelle Nichols said, one of the freshman in the audience.

The rest of the PAC presentation continued and if people weren't paying attention before his speech, they were listening after.

*See 'PAC' on page 6*

# Woods recognized as Choice Champ

**By Adam Cook**
*Castleton Spartan*

Castleton alumnus Karsen Woods was honored by Planned Parenthood on Oct. 24 as one of two Choice Champions for her efforts in founding the Generation Action team at Castleton.

The award was announced at the Planned Parenthood Vt. Action Fund "Sex, Politics, and Cocktails" event.

"I am kind of speechless," Woods said in a recent phone interview. "I was really excited, obviously, when they told me."

Choice Champion awards honor the work of individuals who have helped protect and expand access to sexual and reproductive health care in Vermont.

"The process for choosing recipients for these awards is rigorous," said Creston Lea, chair of the independent expenditure board for the organization. "These awardees really are our shining stars."

COURTESY OF KARSEN WOODS

**Alumna Karsen Woods was named a Choice Champion for creating the Generation Action Club during her time at CU.**

The idea for bringing Generation Action to Castleton's campus, however, came from a class that Woods took with Castleton professor Sanjukta Ghosh, Woods' advisor.

"The course title was 'Social Activism in the Media,' and it was during the fall semester of last year, so a lot of politically charged messages were in the media," Woods said. "We were in the midst of an election. Sanjukta, who knows me very well, knew that this would be something that I would want to do."

That was where it began. According to Woods, the task was to organize an event under various nationally recognized organizations. For her, this was in the form of a club.

"I think I was the only student that actually went forward with student government, and the student body, and implemented this as a sustainable club," Woods said.

Ghosh said Woods transformed herself over the course of her college career.

"The first time I met her, she had a lot of spirit, a lot of energy," Ghosh said. "Her work was not that great, but I just loved her personality."

In that first semester, Ghosh said she received complaints from other professors that Woods spent her time in class using her cell phone instead of focusing on class work.

"I talked to her, and that began the change in her," Ghosh said, "I told her, 'Never do I ever want to get a complaint like this about you,' and she kept her promise. That was the start of the blossoming of Karsen."

Ghosh said Woods did not use notes or any usual filler 'ums' and 'ahs' that find their way into public speeches.

"She was a fabulous speaker," Ghosh said.

According to current club president Sarah Liell, Generation Action is involved in social issues such as reproductive rights, transsexual rights, and equal rights for women.

*See 'Woods' on page 6*

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# I am learning more outside the classroom

I have a lot on my plate right now, and I don't mean a mountain of vegetables (although that certainly wouldn't hurt us college kids), but now I sound too much like your parents.

At the beginning of my time here at Castleton, President Dave Wolk told us that we should treat our education like a job; partly because we are all adults and need to be professional, but also because we were expected to push 40 hours a week. That's a lot to take in your freshmen year. I was used to finishing most of — if not all — of my coursework at school in high school. My free time was astronomical in high school.

I wish I had that leisure now.

This semester I'm tackling 18.5 credits with an internship in my field, numerous on-campus jobs, working as the Web Editor and a page designer for The Spartan (while also writing the occasional piece or two, wink wink) on top of being booked for portraits, headshots, engagement sessions, weddings, and maternity photos all the way through December.

Approximately 60-80 hours later, this is my week.

Because of the amount of outside-the-classroom work, my motivation has waned in the classroom while I divert all of my energy and drive to real-world work experience. That's not to say that classroom education is not important, rather this semester I'm learning far more outside of the classroom. And I think every student should run into this situation prior to graduating; not just for the work experience, but for the pre-graduation mental preparation.

We're on our own after we graduate. We don't get the luxury of taking on internships or apprenticeships that pay little to nothing after we graduate. Of course, these options ARE available, but at the cost of having to work full-time elsewhere in a position or field we aren't as passionate about.

At the end of the day, our degree gets us the interview, but having work experience and the ability to communicate what we have done in these positions lands us the job.

My internship this semester is with B. Farnum Photography, and I couldn't have found a more fitting professional mentor than Brian. While I have the knowledge and ability to rival other professional photographers in the area, I do not have a great understanding of the business-marketing side of the industry. I do pick up small bits of useful information during a session; although I often pick up the most simply discussing how various photographers run their business.

One idea that should be mentioned is that of classroom tests and quizzes vs. out-in-the-field work. You could say that you never have to take a sit-down test out in the workforce, but to some degree, you are constantly being presented with quizzes and tests in the shape of work.

For example, for photographers, knowing the various angles and strength of off-camera lighting is crucial to achieving the best shot possible. This is a skill that is relatively repetitive, but changes from location to location; in other words, you are quizzed constantly on your ability to remember crucial bits of information regarding your equipment.

The "tests" come in the form of scenarios that you are not prepared for, or when you encounter something that you aren't used to dealing with. These are the types of things that we have to study for, and while it may not be the most enjoyable thing to do in the classroom, it is relatable to work you will be doing post graduation.

- Martin Van Buren III

# Stressed, but without regrets

I'll be honest, I have never been so stressed out! Ever. I have two months left in my senior semester and it just doesn't seem like I'm going to have enough time to get everything done.

Yes, I said senior semester and that's because I'm graduating early! Let me just give you the quick low-down of what I've been up to the past 3.5 years … (insert flashback noise!)

It all started freshman year. I started Castleton right off with a double major and knew I was going to have to work hella hard to finish in time. So, I never had a semester here where I had less than 18 credits. For two of them I even overloaded. I had a job, where I worked 15-plus hours a week. And I wrote for The Spartan. Once I got used to being that busy, any less amount of work would always make me feel guilty, like I could be doing more.

That was freshman year.

This is senior year and I still have a lot of credits, I am now the editor of The Spartan and the only thing changing in the job world is that I now have two of them and work 45 hours a week.

When do I sleep you might ask? Rarely. Did I mention I studied abroad? I spent an entire semester in Malaga, Spain, taking only Spanish language classes and I STILL am somehow managing to graduate early.

Keep in mind it's senior year. That means there is an unbearable weight of pressure to put together my senior portfolio, write a bunch of resumes and cover letters for potential jobs, and gather every relevant thing I've ever done ever in one big, impressive, award-winning pile to show the world.

What do you do for fun? Do you go out? No. There's no time for that. There's not even enough time to do all of the things I have to do let alone things I want to do. I go to school on Sunday's for god's sake. Who does that? I'll admit, I go back and forth in my head trying to figure out if I'm committed, or just crazy.

Two jobs, full-time student, extracurriculars, and preparing to apply for jobs? Too much of that is enough to give anyone a breakdown. And believe me, I've had them. And yes, fomo is a real thing when you're stuck scanning groceries and everyone you know, even your professors, are out having fun on a Friday night. I get jealous. I get mad. I get sad. I feel left out.

We can't all be as fortunate I guess.

All this work and I'm still not going to finish this semester with a job secured. How discouraging is that? Knowing you spent your entire college career grinding so hard just to have to spend months after graduation applying for jobs because you didn't have time to during the semester because you were so busy with everything else.

I don't think I'll regret it though. Despite all the stress and the crying and the lack of sleep, for some reason I feel like I'll be okay. For some reason I feel like I've done college right. I have really learned how to maximize my time, plan ahead, manage money, sort out my priorities, and my resume is chock full of professional experience. I think those skills are more important and useful than being Flip Cup Champion or learning how to DIY an entire wall of left over beer boxes. Besides, how important is getting drunk for three days on "Halloweekend" anyway?

I know there will be a payoff to nearly drowning myself in work. I know I'll get a great job that I love, where I am also using my degree. I know I will be able to pay back my loans quickly,

- Carly Trombley

# We saved each other

As I entered college a few years ago, I became a constantly anxious person who sometimes couldn't even get out of bed because of the crippling anxiety that overtook me.

I've always had some anxiety, but it was never as extreme. My animals at home had always been my relief from the anxiety. But up here, I didn't have that. I tried my best to control it, but it was always something that lingered inside me.

Then about two months ago, that changed.

At the beginning of the semester, I was driving with my friend and we found a dog running across the road. I immediately jumped out to see this adorable little terrier who was covered in fleas and severely malnourished.

We took him to the Humane Society. I constantly checked their website until he finally went up for adoption weeks later.

I knew I had to adopt him, he was all I had thought about for weeks. He had snapped me out of a panic attack the day we found him and I knew it meant something. I was the most excited I had ever been in my life signing the adoption papers. When he came into the room he leapt into my arms. Any stress I had once again melted away. I couldn't stop smiling and I knew everything was about to change for me.

In the weeks following his adoption, I noticed how much happier I was. I now had this wonderful dog named Max I couldn't wait to go home to after classes. I didn't have any anxiety or if I did, all it took was Max jumping up onto my lap and curling up in a ball to calm me down.

He senses when I am anxious and immediately inserts himself to distract me.

When I walk in the door, he comes scrambling across the room and dances on his two hind feet. As he gets more excited he scratches my leg as he whines, begging for my attention.

BRIGITTA GOUGH / CASTLETON SPARTAN

**Castleton student Brigitta Gough poses with her rescue dog, Max.**

I can't think of anything that makes me happier than Max, he changed my life. He saved me from going into a dark mental state and gives me a sense of purpose.

If getting Max taught me anything, it is that animals have always been a big part of my life for a reason. They have brought me out of dark times and they make me feel secure in who I am, which I think is what we all want in life.

-Brigitta Gough

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David Blow

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# CA's are our friends

**By Jacob Peet**
*Spartan Contributor*

When you walk past the community advisor in your dorm, what do you do? Do you greet them with a smile? Do you avert your eyes and hope they don't notice you? Do you even know who your CA is?

If your answer consists of anything but the first, the CAs say it's time to change that.

"They care so much about their residents, and I'm not sure the residents know that," said Jamie Bentley, coordinator of Campus Wellness Education at Castleton University.

A common misconception among students is that CAs only exist to be enforcers in the residence halls.

"That's a part of the job, but it's so minute," said Area Coordinator Shaun Williams. "There's a whole other side to this job besides enforcement."

First and foremost, he said, CAs are here to help keep their residents safe. That may mean writing a documentation, which "sucks for everyone involved," according to SCA Christin Martin. But it can also mean running events that take place in the Wellness Center, with Bentley's help.

Recent programs included "Sex in the Dark" and "Sex and Chocolate." In response to the rising rates of sexually transmitted infections among college students, they aimed to raise awareness about sexual health.

"Many have not had the opportunity to have a candid conversation with correct information about sex," Bentley said.

Some other presentation topics include alcohol education, Yoga sleep studies, mental health and study strategies.

Williams said research is conducted on the issues facing modern college students, and the CAs are asked to create presentations detailing those issues. In some cases, social programs are created. Williams said these programs can make all the difference in the life of a first-year student at Castleton.

"It may be the reason they stay in the institution," he said.

In addition to their activities in the Wellness Center, CAs are responsible for knowing the general goings on around campus. Martin said this can include basic things like upcoming events and building hours.

"That's a huge part of our job to know other stuff that's outside of our own residence halls," she explained.

When asked what else she wanted students to know about CAs, Bentley pointed to their clear lack of enjoyment in enforcing rules.

"The least favorite part of the job is the enforcement part," she said. "They don't walk around with a clipboard and wait for marijuana smoke to come billowing out of a room."

Williams said CAs are trained 12 hours a day over a 10-day span to be able to deal with any possible situation that could arise. He also stressed how CA intervention is never meant to be taken personally.

"No matter what you say to them, no matter what you do to them, they will be there the next day," he said.

So the next time you cross paths with your CA, they urge you to make sure to introduce yourself. And if you ever find yourself in a situation where you need assistance, they stress that your CA's door is always open.

# Anticipation builds for Dollar General

**By Jennifer Dorr**
*Spartan Contributor*

OLIVIA MAHER / CASTLETON SPARTAN

**CU students are excited for the new and convienent place to find cheap food, supplies and beer.**

Castleton University students will soon have a new place in town to get essentials from laundry detergent to beer – all at a low price and a walk away.

Say hello to Dollar General, at 1499 Main Street.

A representative of Dollar General, Angela Petkovic, explained the rationale behind the new location.

"We know convenience is a major factor in our customers' shopping decisions as we generally serve customers within a three-to-five mile radius, or 10-minute drive. We also take demographic trends, competitive factors, traffic patterns and community concerns into consideration," she said.

The grand opening is slated for late fall of 2017, she said, but based on progress in recent days, it appears close.

Dollar General sells an array of items, Petkovic said, from quality name brands to private brand merchandise. You can find items like "health and beauty products, home cleaning supplies, housewares, stationery, seasonal items and basic clothing. Dollar General also sells an assortment of packaged foods, as well as some refrigerated foods and frozen foods," she said.

And despite rumors around campus, at this time, the Dollar General at 111 N. Main St. in Fair Haven has no plans of closing, Petkovik said.

Castleton University students are looking forward to having a new store close by.

Tyler Arsenault tweeted about his excitement.

"Honestly can't wait for the Dollar General to open," he wrote.

Senior Karli McGinnis said she thinks the store will be good for both customers and the chain.

"It's a very lucrative idea for this business to come to Castleton . . . I believe this community will greatly benefit from this store opening," McGinnis said.

Most students agreed that the location is the main highlight.

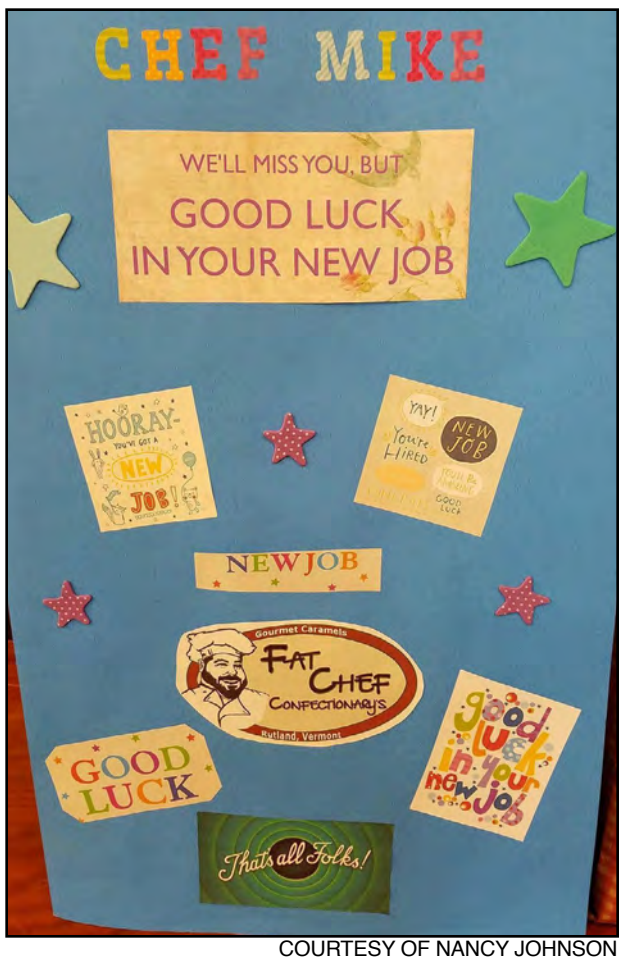
"It will be way closer than going to Fair Haven or Rutland for things," said junior, Michael Allard.

But Castleton has a rich history built upon the beauty and aesthetic of the Green Mountains. With small-town charm, some are worried the chain department store might diminish it the value of the town.

"My main concern when I heard about the Dollar General coming to Castleton was its proximity to the village itself. I was worried it might harm the integrity and image of the town. Since Castleton is this picturesque, Vermont village that has iconic architecture, knowing it's more outside of town, it makes it more appealing to me," said senior Ryder Hathaway.

John Rehlen, owner of the Village Store, Blue Cat Bistro, Castleton Pizza Place and Deli, Birdseye Diner and rental properties, said he is not necessarily worried about the new competition. He said he understands that there will be an "overlap in products" – but said he will wait to see what actions need to be taken in the future to protect his businesses.

"I'm not alarmed," he said, adding that he will have to wait and see what impact it might have on his business.




COURTESY OF NANCY JOHNSON

**CU students will miss Chef Mike in Huden, but they wish him all the best at his new job helping to run Olympic Pizza, a restaurant in Rutland.**

# Best wishes, Chef Mike

**By Briana Bocelli**
*Castleton Spartan*

He's the big guy with the big beard and the big flavors. Beloved Chef Michael Esposito, better known by students as "Mike," has left Huden after four-and-a-half years of bringing culture to the dining hall.

He is known best for his famous chicken caesar salad that was a once-a-week tradition. He served up delicious Italian dishes like penne alla vodka, mussels marinara and prosciutto on balsamic bread.

Esposito even brought worldly cuisines into the mix like Thai, Jamaican, Chinese, Greek and more.

In other words, he was a hit with students.

Everyone loved to see what he was cooking for supper that night, and let's not forget his warm personality and inviting smile.

But last month, all of that changed.

Esposito was offered a job by good friend, Chris Bourque, to help him run Olympic Pizza, a restaurant in Rutland he recently purchased.

"He called me up and offered me a deal to come here. It was something that I thought was the right thing at the right time, and it was time for me to move on," Esposito said.

Bourque, who was an employee for Sodexo at Norwich University, said it took a lot of convincing to get Esposito on board with his new business venture.

"I was like 'If I'm gonna do a pizza place, I gotta get somebody in there that I trust,'" Bourque said. "So I called Mike and started pressuring him, and it did take a lot of pressure."

Esposito was an expo chef at Huden which gave him a lot of creative freedom with his menu, but now he has taken on a much bigger role overseeing the Olympic Pizza kitchen and its staff as the general manager.

"It's another world. Same concept, but totally different worlds," he said.

Esposito was only 14 years old when he learned how to cook doing community service for his high school at the Elks Club in Rutland with his grandmother. He worked eight-hour days, sometimes full shifts in a hot kitchen, while his peers did a couple hours of community service at a time.

His grandmother even made him work banquets and weddings to show him the ropes of the restaurant industry.

"It was kind of like baptism by fire," he said. "I just kind of went from there."

Along the way, he was inspired by the characters he met in the kitchen, who he called "larger than life," that made his kitchen experience so unique and exciting.

Esposito furthered his career in the food industry at New Hampshire College, now known as Southern New Hampshire University. He's been a chef ever since. When he first came to Castleton four-and-a-half years ago, he didn't know what to expect or what he was getting himself into.

"My biggest concern when I took the job was I would have some bratty kids that boss me around and ask for stuff and I'm gonna flip out," he said bolstering with laughter.

But Esposito said his assumptions were wrong, and he was shocked at how polite and respectful the students were to him. He said it made it easier for him to expand, and want to earn the students trust, but also their friendship.

He recalls one night where he made mussels marinara and met a student who had never tried mussels in her life, and didn't plan on it any time soon. He convinced her to try just one, and sure enough she loved it so much she went back for seconds.

"It was stuff like that, earning the trust and really expanding people's horizons on food. That was very rewarding for me. I was very proud of it," Esposito said.

He said he is grateful for the friendships he developed over the years at Castleton and will miss his co-workers, but will miss the students most of all.

"I miss seeing everybody. This will sound corny, but I do appreciate the time I had there and the people I got to meet. It was nice being able to build that connection with some of you guys," he said. "I'm gonna miss Castleton. I absolutely miss you guys, I appreciated all of you and it was hard to give up."

When Huden employee Nancy Johnson heard about Esposito's departure, she was sad to see him go, but excited to see him moving on to bigger things.

Johnson was his coworker for the four-and-a-half years he worked at Huden and always remembered him as a "jovial guy with a huge laugh."

"He's always smiling and laughing and he just brought the place up, for me anyway," Johnson said. "Big Mike, I miss you, I love you, I miss our chats."

When Johnson shared the news with students, she said many were shocked and upset to hear about him leaving.

This gave her an idea to give Esposito a parting gift that he could never forget.

"I asked if they would want to write him something to wish him well, and it just kept growing and growing," Johnson said.

She collected all of his farewell cards from students and plastered them to a big blue poster board that said "Chef Mike, we'll miss you, but good luck in your new job!"

"He was really taken aback and he opened it up and read it in front of everybody, every note that the students wrote for him," Johnson said.

Some of those notes read: "Mike, thank you for the bomb food, you are the man,"

"Chef Mike, my man, enjoy the new job," "Good luck Chef Mike, you made the dankest meals, you're the man."

Esposito really was "the man" and will be greatly missed by the Castleton community.

# Life-like dummies help future nurses prepare

**By Tim Brosnan**
*Castleton Spartan*

TIM BROSNAN / CASTLETON SPARTAN

**Nursing students check vital signs on a mannequin in Stafford Hall.**

If you go to school at Castleton University, there is a good chance you didn't know of a certain state-of-the-art facility we have here on campus.

Unless you are a nursing major, you probably weren't aware that Stafford Academic Center is home to the nursing program's very own Simulation Center, essentially a wing of a hospital.

"I've been going to school here for three years and I had no idea that the center was there," said business major Myles Cassin-Reed. "I've had classes in Stafford every year and I have never seen it."

The center is upstairs in Stafford, and it is set up to mimic an actual hospital environment. It consists of several 'nursing mannequins' in hospital beds, and all are hooked up to various machines and IV's.

"The center is designed to help students think like a nurse," said the Director of the Simulation Center, Marie McDuff. "With these mannequins, a student can actually take a blood pressure, they can feel a pulse, listen to the apical pulse with their stethoscope, and they can listen to normal and abnormal lung and bowel sounds."

But the possibilities don't end there. Students can even administer fake IV medications, and learn to do barcoding, which is the process of reading a patient's ID bracelet in order to access their electronic health and medication records. This way a nurse can make sure that their patients are receiving the correct drugs.

Many colleges have simulation centers of their own, about 80 percent by McDuff's estimation. But the quality of these centers and mannequins vary. Castleton has "medium-fidelity" mannequins that can moan in discomfort, respond verbally, and make throwing up noises.

They also cost around $80,000 less than the "high-fidelity" mannequins. The pricier ones can talk more, sweat, and can even change skin color. But according to McDuff, this difference doesn't matter much because you can do just about everything on the "medium-fidelity" mannequins to develop a good grasp on basic nursing skills.

"It absolutely gives students an edge," McDuff said. "It provides them with hands-on psychomotor skills that they can translate to real-life setting in the future."

Right now, students in the center are focused on childbearing. On Monday, students were performing physicals assessments, with the mannequins acting as post-partum mothers. Seniors Kelly St. Marie and Noelle Bencivego were working on palpating the fundus, or uterus, of the "mother" to make sure it is firm, and also to prevent excessive bleeding.

"Sally, I'm going to feel your fundus and then you can feel it after," said Bencivego to the mannequin as she performed her exam.

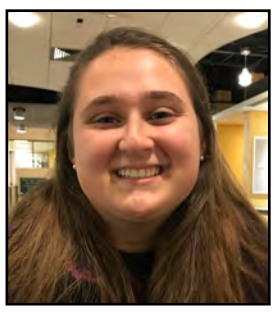
While this center may not be common knowledge to everybody here at Castleton, it is no secret that it gives these nursing students a definite advantage going forward with their respective careers.

"It definitely helps us to practice things like taking vital signs and do physical assessments in the simulation center before we enter a clinical setting," said senior nursing major, Emily Chase. "If today was my first day on the job, I would feel comfortable knowing that, for the most part, I already have the hang of things."

# Word on the Street

By Bailey Cummings

**What do you think about the #MeToo campaign that has spread across social media?**

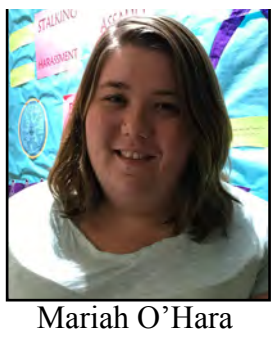


Meghan Valorose

"I think the #MeToo campaign is good for awareness but is not necessarily something that everyone knows about. A lot of people don't realize it when they first see it, which is why it is so important to raise awareness."

James Wolfe

"I appreciate that people are spreading awareness of these types of things through the use of #MeToo. I found it pretty surprising that there are so many people out there that have gone through such things."



Mariah O'Hara

"I think that the #MeToo campaign really gives people who have gone through sexual harassment or sexual violence a voice that they may not have had before. It also makes people aware of how prevalent it is. It is especially important to the people that may not have ever spoken up about it before."

Kaylee Boutin

"I think it is nice to see people being able to share their stories, but I also think it's really sad to see how many people have been sexually harassed or assaulted over the years."

Shaun Williams

"The #MeToo movement has been going on and I think it's really amazing and empowering for women to be able to share their stories and make the connections. I think that it is definitely challenging to live in a society that criticizes or undermines women. I wish that we would see more support for women and their health in a society that is supposed to be leading the world."

# Prisons - modern day slavery?

## Nov. 2 documentary suggests incarcerated black people are today's slaves

**By Michael Buonocore**
*Castleton Spartan*

A documentary called "13th" came out in 2016 detailing the incarceration of African Americans and how even after the abolishment of slavery, they are still treated so unequally.

And Castleton will be showing it tomorrow night for all to see.

"It's a really powerful lesson about what African Americans are protesting for, why there's a "Black Lives Matter" movement, so the issue of mass incarceration is a big problem in this country and its very disproportionately African Americans who are imprisoned," said reference librarian, Charlotte Gerstein, who is a large reason as to why this movie will be shown at school.

Issues behind the mass incarceration of African Americans are vast, and affect so many aspects of human life.

"Seeing a rise in white nationalist pride and such is that we recognize that the issue of slavery is not behind us, but still with us, and that we're still dealing with it," said Castleton professor and Political Science Program Coordinator Rich Clark.

One of the first statements in the movie is a fact — that America represents 5 percent of the world's population, but 25 has percent of the world's prisoners.

Another astonishing fact from the movie is that black men make up just 6.5% of the population of the United States, but they represent 40.2% of prison population.

One out of four people in the United States, also known as the "Land Of the Free," are locked up behind bars. There are so many issues behind this fact.

One is a financial issue.

"It's a non-partisan issue because both Republicans and the Democrats have recognized mass incarceration, just the toll that it takes on human resources, on fiscal resources, it's cheaper to put you through college than to send you to jail for four years, right? And then the loss of human capital to the marketplace from mass incarceration, not to mention the difficulty in reintroducing incarcerated populations in to the system, all of that is a huge issue enough," said Clark, his voice rising.

Clark said the question of what incarceration is intended to achieve needs to be addressed.

"Is the goal of our criminal justice system rehabilitation or punishment?" Clark asked.

From an article by the American Psychological Association, rehabilitation was once a key part of U.S. prison policy. Up until the mid 1970's, U.S. prisoners were pushed toward developing occupational skills and breaking free from psychological issues like drug abuse and aggression, which were keeping them from being free citizens.

Fast-forward to now, rehabilitation is no longer the primary goal or incarceration, according to the article. The "get tough on crime" approach has been applied, which has had just a slight effect on crime rates, and has caused exponential growth in prison populations.

When asked about the issue and the movie's screening, African American students said they didn't really feel comfortable addressing it. The president of the Rutland NAACP branch, which is co-sponsoring the screening with the college, said it's not surprising.

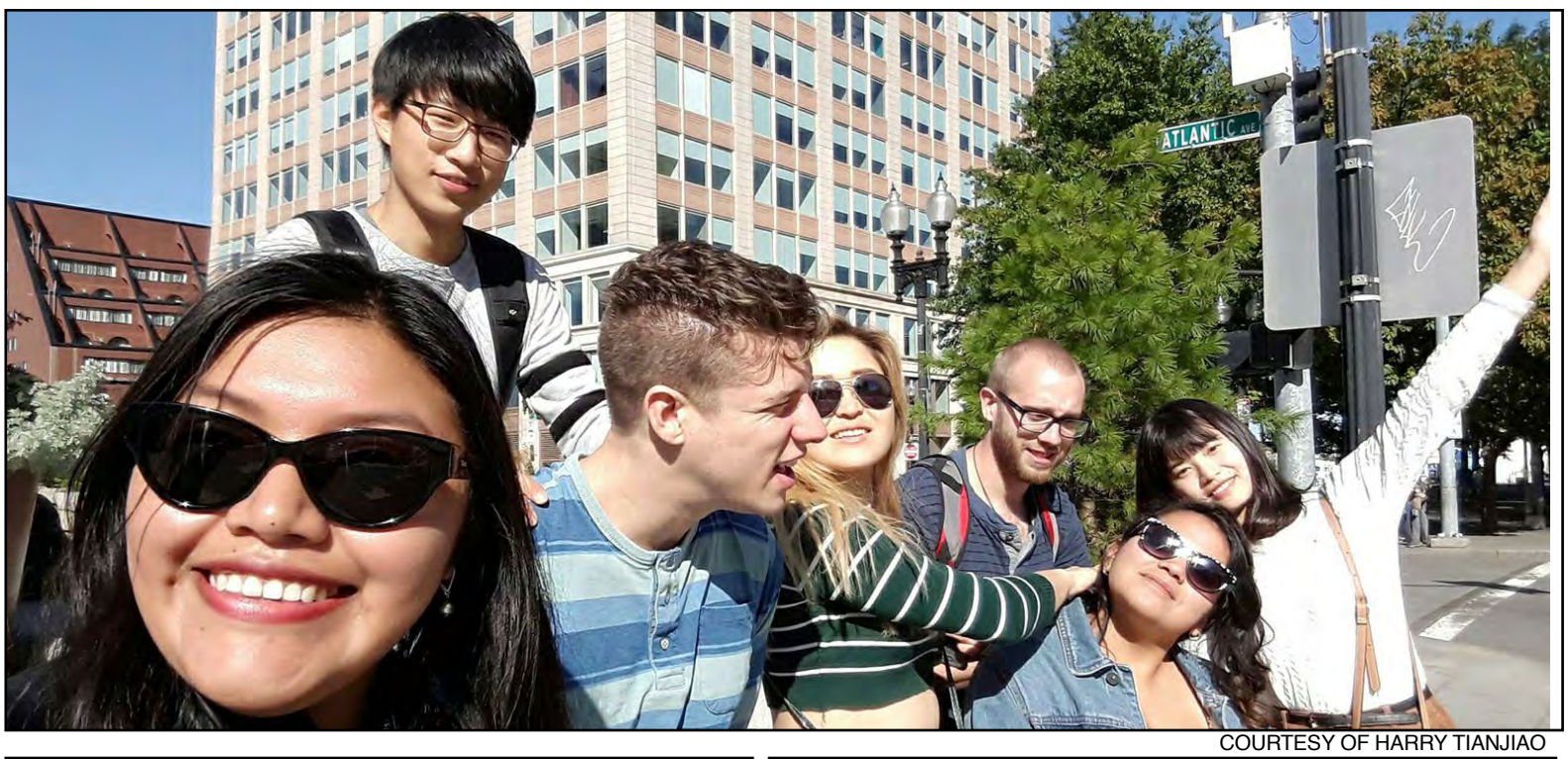
"I can certainly understand why that student would have the response that they did. My immediate response when you say that is, okay so what are we going to do to take care of that student? What is Castleton going to do so that student feels comfortable?" said Tabitha Pohl-Moore.

Student Sarah Liell, president of the college's Planned Parenthood club, said students should really want to see this film.

"This film is important, infuriating, and necessary," said Liell, who will serve as a moderator at the post-film discussion.

"I hope that this movie leads to insightful conversation about the reality of racism in our country. However, conversation is not enough. In a perfect world, after people watched the film they would try to change society and really make a difference," she said.

The screening will be held on Thursday, Nov. 2 at 6 p.m. in Castleton's Herrick Auditorium.




COURTESY OF HARRY TIANJIAO

COURTESY OF ELLA ALINOVA

**International students from the UGRAD program visit Boston, top and bottom left. The students enjoy a day at the home of friend, Erik Anderson, bottom right.**

# Converging at CU

## Castleton UGRAD program allows international students to pursue studies in America

**By Carly Trombley**
*Castleton Spartan*

It was clear from the moment they walked in the room that these students trust each other, rely on each other, and for the time that they will be here, they are each other's family.

Elnura Alinova (aka Ella) from Kyrgyzstan, He Tianjiao (aka Harry) from China, Anais Silva Vizcaya from Venezuela, and Aarif Badarny from Israel are four of the five Global UGRAD students at Castleton University this semester. The fifth is Mia Villa from Philippines who wasn't able to make the group interview.

According to Deborah Singiser, director of International Student Services at Castleton, the UGRAD program is a federally funded program that places undergraduate scholarship students from other countries in colleges and universities in the United States for one semester.

"This is the only program that we (U.S. taxpayers) have that brings international students to the United States as undergraduates. Usually you have to be a graduate student to come and benefit from this kind of cultural exchange," Singiser said.

A company called World Learning is responsible for placing the students, supporting them, checking in on them, and providing each student an advisor to answer any questions they might have.

"There are certain requirements, like they must have a roommate that is not from their own country, they must do 20 hours of community service a semester," Singiser said. "This is all done intentionally I think to push the students outside of their comfort zone and force them to go meet people that they otherwise might not meet."

The UGRAD students are inspired, and goal driven. While they spend most of their time in classes and doing homework, many are involved in clubs and activities on campus. They are each a part of the mentor program where Castleton University students meet and spend time with kids in the area.

"I was so disappointed because I didn't get a scholarship from my own university. I promised myself that I would get this UGRAD scholarship and I will show my previous university that I can do it," Alinova said. "I was so surprised, I was like 'I did it!' I was really happy.

Alinova was the only one from her university to get the scholarship. There are limited spaces in the program, with only five at CU.

Vizcaya heard about the program from one of her friends who was in it too.

"This is like a dream, because in my country all of your dreams and expectations and goals are getting blocked because of the humanitarian crisis that we have and the corrupt government. So to have this, it's an experience that I knew would be so difficult to do myself. When I got this scholarship I was like, 'wow, this is a gift God has given to me.' A lot of people were dreaming about this, and I got it."

Her next goal is to go back to Venezuela and fight to finish her degree, then apply for a masters scholarship.

Tianjiao said his father's friend told him about the program – and he almost missed the deadline.

"I didn't know if i could successfully apply for this scholarship for this program, but in the end, I," Tianjiao said as the others joined in and said, "you got it!"

Badarny learned about UGRAD from one of his high school teachers who was involved with the U.S. embassy.

"He knows how much I like English and I've always wanted to visit the states. I didn't care where they placed me because I knew that I could visit places on my own. I feel honored, even though I've had some rough times," he said.

They said they love their professors who have helped them so much with classes and general campus knowledge. They mentioned how they experienced culture shock when they first arrived but are adapting well. Tianjiao said that the United States compared to China is completely different.

"The language, the people here, the characters of them, behavior, the work view, many things. The environment and the studying is also different," he said.

In China, Tianjiao said, there are no grades for things like participation and attendance. Their grades are primarily based on the epic final exam. So during the semester, most students wouldn't go to class and just study to pass the final exam.

"We are not very busy," he said.

Compared to the United States, where students are required to do well, in China, they leave it up to the students to decide if they are going to pass or not.

"I have to admit, at the beginning, we were interacting with other international students. But what about the United States students? It was difficult to make those friends," Vizcaya said.

"It was easier for me to make American friends in my country," Badarny said. "I studied at an international school and met many American friends, but here, it's harder."

Badarny plans to visit the American friends he made in Israel during his time here in the U.S.

"There's like, a lack of diversity here. And people are not open to learning about other cultures," Badarny said. "You know, I obviously look at it like, I'm coming to this place I've never seen and I want to like, teach them more about my people but, they're not really open to, I guess, expand their knowledge. Especially coming where I come from."

*See 'UGRAD' on page 6*

# Stretching the stress away

**By Dominique Gatto**
*Spartan Contributor*

Church bells ring the tune of Castleton Universitiy's Alma Mater and what was just a calm campus becomes a jungle of students heading to and from class.

Some mozy their way to class, while others skip off to lunch or back to their rooms for a quick catnap.

But members of a select group carry vibrant yoga mats a walk eagerly to put their worries at ease.

That's right, Castleton gives students the opportunity to calm themselves down, and put the anxiety of college in their back pocket for an hour.

"It's just a lot of fun and I like doing it. It's once a week so it's easy to fit into my schedule," says freshman Leanna Weisse as she set up her yoga mat on the hardwood floors of the Fine Arts Center fitness studio. Weisse started taking advantage of the Castleton yoga program just a few weeks ago when the fall semester began.

Down in the hallways of Haskell Hall and the Casella Fine Arts Center, faculty, students, and community members are offered these yoga classes three times a week.

"It keeps me calm during the week," Weisse says as faculty members start piling into the class, turning the hard wood floors into a sea of colorful yoga mats.

Studies conducted by Harvard University find that yoga provides satisfaction in reducing the heart rate, lowering blood pressure and easing respiration. It was also found that yoga increases heart rate variability, an indicator of the body's ability to respond to stress more flexibly.

And instructors say you don't need to be physically fit or have any particular body type to give yoga a try.

"I would like people to know that yoga is good for anyone," says Tammy Brown, a physical education professor for the university and an instructor for the yoga program.

OLIVIA MAHER / CASTLETON SPARTAN

**Members of Castleton's yoga program pose in the Fine Arts Center.**

"You don't have to already be flexible to do it. It helps increase flexibility, focus, balance, and stress reduction," she said with a smile.

When Brown starts talking about yoga, her face lights up. Her beige and white mat decorated with swirls of flowers is set up at the front of the room. As students and faculty enter the room, she greets them warmly and lays down to relax on her mat. She has been instructing for about 12 years, and even teaches a one-credit yoga class.

Instructors at Bikram Yoga Mendon, a local hot yoga studio just two towns over from Castleton, believe that every time you leave yoga you have an extra skip in your step.

"When you do Bikram yoga,you become really centered and focused," said Erin Paulsen, an instructor there. "And when you leave here and have to study for a test you can completely focus on what you're doing. Your mind doesn't wander, and you have energy."

Since the building of the downtown Castleton apartments, Paulsen has noticed the number of students that practice at Bikram Yoga Mendon has increased.

Reports presented by the Anxiety and Depression Association of America found that practicing yoga lowers levels of cortisol, a stress hormone that can cause many mental health problems.

"Often times we choose exercise as the first thing to cross off the list when we're feeling stressed ... when it can actually be very beneficial," says Jamie Bentley, who works in the Health & Wellness center at the University. Bentley has been instructing yoga at Castleton for about four years.

Bentley's class was full before fall break, with a mix of faculty and staff, men and women. The age range of the class went from fresh college students to an older crowd, moving soulfully through the stretches and poses.

"The women and men that come often do remark on how they need it, and it helps them with their stress," says Bentley in a calming voice.

Both Brown and Bentley emphasized on the fact that having a consistent yoga practice is truly for anyone.

"The more you practice, the more focused you become," says Bentley

The instructors at Bikram Yoga Mendon reiterated the message. You don't have to be super fit, super flexible, or super young to practice this form of physical activity.

"The worst class is the one you didn't show up to," says Paulsen. "Just show up," she says with a smile.

To find the Castleton University yoga/fitness schedule, visit http://www.castleton.edu/calendars/category/health-wellness/.

# Music just isn't what it used to be

**By Brendan Crowley**
*Castleton Spartan*

The best songs are those of which the lyrics can tell a story. Lyrics that can relate to one's life, bring emotion upon someone, or create nostalgia is true artwork.

In 1974, Harry Chapin wrote a vengeful song about a son and his father. It was named "Cats in the Cradle." As the son grows up, his father is missing in his life because he is too busy with work. In the end, once the son had become a man, his father needed him. However, the man was too busy working.

"Lovin', Touchin', Squeezin'" written by Journey in 1979 is another revenge song. A girl cheats on her boyfriend. Then, in a fortunate turn of events, the man who she cheated with cheats on her.

In 1973, Lynyrd Skynyrd released a little song called "Freebird." It is about a guy and a girl, a love story in which the guy must leave the girl. However, the interpretation of it varies. The frontman of the band, Johnny Van Zant, was told by fans that they used "Freebird" as a graduation song, or a song at a funeral. It's all about moving on.

Bob Dylan is known for writing protest songs in the 60s about the war in Vietnam and the civil rights movement. Songs like "Blowin' In the Wind" and "The Times They Are A-Changin'" highlights his poetic masterpieces which earned him a Nobel Peace Prize in literature!

The point is, I am a huge supporter of classic rock music because of its meaning. The lyrics are what matters. I will proudly admit that I have listened to classic rock songs where the lyrics have made me cry, and I'm a grown man. Those are the best songs, the songs that can bring out true emotions.

Now I'm not saying that every other genre sucks. I like other music too. And I'm not saying that all music nowadays have no meaning, because I know there are still some deep songs. I just think that almost every classic rock song goes beyond just the music.

Music nowadays is just not the same. Rap songs tend to be about just drugs, sex, and violence. And it is written in the most vulgar ways. Music videos are filled with half-naked women being exposed and used as a sex figures. There is an F-bomb and an N-word in every line. To me, it's just hard to listen to.

Country music does not have much meaning at all. Yes, there are some country songs that do. But what do you think of when you think of country music? Trucks, beer, and women. Most country songs all focus on the same thing. There is no deep interpretation involved with that.

I think this is all tied to the change in songwriting. Back in the day, the band or singer actually wrote their own music. Shocking, right? Now, singers are handed a sheet of lyrics from songwriters, and all they have to do is sing it. Singers are no longer lyricists who write their own music from the heart. That is true talent. MANY people can sing. Not many can produce meaningful writing to go along with it. I wish we could get the REAL music back. I miss it.

# Mentoring program continues to thrive

**By Adam Cook**
*Castleton Spartan*

Armed with pens and papers, students shuffled to the front of Castleton University's Jeffords Auditorium to sign in and find their seats. The room soon fell quiet as the training for the Castleton Elementary School mentoring program began.

Since 2004, CU students have gone to spend one hour per week, on a day of their choosing, with students at the local elementary school. They spend lunch and recess with their mentee - a fourth or fifth grader - and according to Kathleen Kilbourne, the principal of the school, the program has been beneficial for the elementary school students.

"It's an opportunity to have another role model and see life through the eyes of someone who knows how to set goals," Kilbourne said. "I think it provides an opportunity for them to talk to someone closer to their own age."

The program matches up a university student with a mentee based on like interests. For the time that the student spends with their mentee, the interaction is one-on-one. According to Kilbourne, for the elementary students, this is important.

"I think in the pace of our society and life, when everything is going by so quickly, sometimes it's hard to get someone's undivided one-on-one attention, and this program gives them that gift," she said.

The program is headed by a mentorship leader team, comprised of students Nick Aleksonis, Sammy MacEachron and Morgan Demers.

"It's a really great experience, especially if you're an athlete or an educator, because you get to work with kids," said MachEachron, an education major.

Aleksonis, a business management and marketing major, agreed.

"It's really fun showing up there," he said. "All the kids know whose mentor you are … so, they really love it. It's just an hour a week, but it really is a lot more than that to them, because they really love seeing you and it makes an impact on their lives."

Demers, a fellow education major, said the program is beneficial for the college students as well.

"I'd say it's a really rewarding program," the fellow education major said. "You definitely see the smiles on children's faces. It's just a great experience."

The number of playground activities students partake in with their mentees is endless. Some play "knockout," a game utilizing a basketball that hones free-throw and rebounding skills. Some climb on the jungle gyms with their mentees. Others join their mentees on the teeter totter.

According to Kilbourne, the program has had a positive influence on the elementary school students.

"They love it. It's fantastic," she said. "If their mentors don't show up, they're really disappointed. They really look forward to it. Our attendance rates are better, the nurse referrals go down, behavior referrals go down. It's a really special time for them… It's the highlight of their week."

According to Castleton University senior staff assistant Katharine Spaulding, who helps run the program, it has been a success on the side of the university as well.

"We actually had a student email me saying that she was a mentee, and was mentored, and now she wants to give back and be a mentor," Spaulding said. "You don't hear that often, but when you do it touches your heart because you're like, they were a mentee at one time, and now they're going to give back and be a mentor."

According to Spaulding, the only changes in the program over 13 years have been certain policies.

"We try to make sure we include everything in the training so the students don't go in blindsided," Spaulding said, also noting that the university ensures that the mentors are aware of what is expected of them.

According to Spaulding, part of that process is to send out a survey at the end of the year to the mentees to find out what worked.

"I love the mentoring program because the college students that sign up for the program are very nice kids and my mentor is an awesome mentor," one of the mentees wrote in the survey.

"I like the mentoring program because my mentor plays with me and listens to me all the time. I wish they could come more often," another mentee wrote.

SELDON HILL / CASTLETON SPARTAN

**Castleton University mentors work with Castleton Elementary students.**

Student mentors will also receive an email at the end of the year, so that they may offer their own input as well.

One of the students new to the program, Harry He, a social work major from China, feels that this program can help his major.

"I think this program is very interesting," he said, "In China, it's different, the school life. I think this will be a good memory for me."

According to Kilbourne, this program has been an important asset to the students at Castleton Elementary School.

"It's critical," she said. "We do a good job at schools with academics, and teaching math and reading, but now we also need to be teaching social emotional wellness, and the ability to work with all different kinds of people, and the ability to communicate effectively. This program really allows kids to continue to develop their social emotional wellness right alongside their academic progress."

# CAB enjoys increase in student attendance

**By Shudder Hurd-Burnell**
*Spartan Contributor*

Castleton's Campus Activities Board is seeing a record-breaking upturn in attendance and participation at events since the start of the new year.

In the past month, CAB leaders say they have seen a huge spike in attendance compared to previous semesters, not only in their special events, but in the regular events as well.

Comedian and "America's Got Talent" quarter-finalist Julia Scotti hit it out of the park on Oct. 18. Performing at her first college venue, Scotti broke CAB's record for attendance at a single-performer event with a crowd of around 75 people, according to CAB officials.

"That was definitely one of our major successes," said James Wolfe, vice president of Campus Activities. "It was really awesome to go out and support that."

"We've also had great success with Karaoke night," he said. "I believe that was our highest-attended event of the year so far and we've only had one of them."

The event, covered in the previous issue of Castleton Spartan, had over 100 visitors during the two hours, and many stayed and participated. Karaoke is one of four regularly held "homegrown" events that happens Thursday nights in Fireside Cafe.

Students are also impressed by the amount of work CAB's members are able to get done while also handling their academics.

"I think CAB is even more impressive though, just because it's like only student run and organized … and they do so good with what little they were given. They're doing so much better this semester," said student Lyss Eaton.

Wolfe suspects there's a variety of reasons why events have been so popular this year.

"One in particular is that there's obviously not a lot to do around here," he said. "Places that were busy three years ago are now shut down, like Fishtail, and there's some other places. So that's bringing in and just keeping people on campus and they're like, 'Well what do I do now?' Well come to an event and have fun and then if you desire to go have fun somewhere else you can go do that."

He then suggested another possibility.

"But it could just be that the freshmen class is really interested in new kinds of things and they're taking advantage," he said.

Overall, CU students are finding a lot of reasons to appreciate CAB's work on campus.

"I think that CAB is a really great program that we have here because it's a way for us to have events that don't include alcohol," said Audrey Phillip. "As someone who doesn't drink, I really enjoy that because I don't like to be in situations with a lot of people who're belligerently drunk."

Other students feel similarly, and agree that the events help offer something more interesting to do around the Castleton area.

"It's convenient to have something to do that's on campus that isn't partying or whatever," said Amanda Harris. "It just gives me something fun and easy to do that I can do with my friends or sometimes by myself that gets me out of my room and not studying all the time."

CAB's members have been receiving a lot of positive feedback on their recent events, as well as suggestions for the future. Wolfe said they're looking into bringing back new and old favorites in the spring, such as archery tag and maybe another paint party.

# PAC members inspired by student's story

*Continued from page 1*

"I love how he set the stage for taking it seriously and how people can also put on a false front," Amy Bremel said, one of the faculty members in charge of PAC.

Other PAC members were impressed with his courage since he stood up in front of not only his fellow freshman, but also all of the student athletes on campus. "I think that all the testimonials and all the people that wrote them were incredibly brave... My personal distinction with Zach is I couldn't imagine standing up there in front of people much less my own peers and do that story," Ashlee Brady-Kelly said, a member of PAC.

As far as Pollicino's thoughts on being part of PAC, he feels it's a way of giving back. "I've had a lot of people in my life who were there for me... the least I could do is give it back and try to help somebody that I don't know as well or somebody that I do know as well, and joining PAC gave me the opportunity to use my knowledge and to help people," Pollicino said.

He also had to give the speech a second time in front of all the student athletes, including his teammates on the football team. Pollicino was happy to say that his teammates were extremely supportive and understanding. "A lot of guys came and gave me hugs or shook my hand and said that it was something that took a lot of courage... and I really feel that they got the message and got where I was coming from," Pollicino said.

Although it was a traumatizing experience for both Pollicino and his mother, he said she is doing a lot better. "My mom's a beast, my mom's a savage. My mom actually runs her own nursing home in Orange, Connecticut," he said.

# Dating violence at CU has increased since '14, making campaign hit home

*Continued from page 1*

The stories that arose from the "Me Too" campaign have started a much-needed conversation about sexual assault. In order to fix this normalized behavior, Castleton senior, Ashlee Brady-Kelly said, "we need to start having a dialogue and we need to start changing that dialogue. It's happening so we need to educate and we need to advocate."

Education and advocacy seems to be the answer to a lot of social issues that our society is facing, and Castleton University is well aware of the much-needed change to how we address sexual assault.

In recent years, reports of sexual assault have been on the rise at Castleton University. In reaction to the recent release of the Campus Safety and Security Report, Proulx said, "The numbers have steadily increased, and we don't know whether that is because there are more assaults happening or if more people are reporting instances of assault."

In 2014, there were nine reports of dating violence. In 2015 the number rose to 15 according to the Campus Safety and Security report, and to 20 in 2016.

The university has many programs in place to educate the community about sexual abuse, and takes its role in victim advocacy very seriously. Amy Bremel is the Coordinator of Advocacy, Activism and Non-Violence Education. She works with victims of sexual abuse on campus and ensures that nobody has to go through their experience alone.

> "It is unacceptable and it is not tolerated"
>
> -Janet Hazelton, CU's director of human resourcees

"Most people who have been victims of assault are quiet and do not speak up. They are afraid of not being believed," she said.

Bremel offers her services to anybody who is struggling with assault or harassment, and she spends most of her time on campus either being an advocate for victims of sexual abuse or educating people on what we can all do to dismantle rape culture.

Anna Foster, a Castleton transfer student, hoped to inspire others to speak out by posting "Me Too" on her Facebook page. Foster experienced sexual assault as a college freshman, a time when many other young women will encounter some form of sexual harassment or assault. Foster offers some helpful solutions to those who are looking to make a positive difference after witnessing their friends and family share their "Me Too" stories on social media.

"You can speak up for your female friends more often in public settings, or when guys do make inappropriate jokes or insinuations, you can jump in and change that harmful behavior," Foster said.

Janet Hazelton, the director of Human Resources at CU, sends a message out to all Castleton students, faculty and staff.

"It is unacceptable, and it is not tolerated," she said.

# CU becomes a home for fall '17 UGRAD students

*Continued from page 4*

Although it has been hard for him at times, he said "If I didn't like the country and I didn't like the people, I wouldn't have come."

As the students are past the halfway point of their intensive U.S. experience, there are a few things that the students learned here that they hope to bring back home.

"I have a really good idea. It's my next dream. My dream to study in America was from 12 years old and my next dream is; I saw here many second hand stores and I want to open this kind of store in my country and all the money I want to donate to orphanages, to elderly homes, to homeless people," Alinova said.

She gets to write a project when she gets back home to apply for a grant to make this dream come true.

Tianjao has to do a final research project for his senior year in China. However, because he is not there, he has to do his project here. His major is social work.

"I want to investigate social workers here and try to find their influence factors that pushed them into social work professions," he said.

Vizcaya wants to go back to Venezuela and fight to improve the state of her country. She feels a responsibility to.

"My family founded the city that I live in. I feel like I have to fight to make it better."

# Liell continues Woods' legacy in Gen. Action

*Continued from page 1*

To do this, they use events such as movie screenings, and bake sales. For example, their recent "Cake Pop Boobs Bake Sale,"in which the proceeds went to Planned Parenthood.

"I joined midway through last semester," Liell said, "It was a small group…but it's always been a small group of passionate individuals who are looking to make a positive difference in their communities, especially regarding women's health."

Liell said Woods has become a role model for her.

"She's a very strong leader, and she provided wonderful leadership," Liell said, "She sparks interest in everyone. She really sparks passion, and fire, and she's really incredible, just the way she speaks."

In January of this year, Woods and other members of Generation Action went to the Vt. State House for the anniversary of Roe v. Wade- the Supreme Court decision that justified a woman's right to seek an abortion. The trip was rewarding, but also disappointing. According to Woods, Planned Parenthood introduces every year a 'Roe v. Wade' resolution, asking if they will support women's constitutional right to access abortions. This time, 31 representatives that voted no.

"What they do is a roll call vote, so we can have on record which Vt. representatives from what towns and what counties support Planned Parenthood," she said, "I was expecting a lot of yesses, and a lot of positive engagement, and I was really shocked by the nasty, cruel, and very small-minded things that some of our representatives had to say."

According to Woods, it is important for students to be aware of Planned Parenthood, which is located 25 minutes away from campus, referencing an article from the Castleton Spartan in April of 2017, which revealed that the local hospital, Rutland Regional Medical Center, does not accept the university's insurance plan.

"Castleton needs to be telling its students that they can receive care at the Planned Parenthood that is also located in Rutland," Woods said, "They can receive essential health care there."

To Woods, Planned Parenthood is a health care center, one that won't turn anyone away.

"It's a safe and comfortable place," Woods said, "When I was young, I suffered from severe depression and anxiety. I was borderline really suicidal."

She went to her pediatrician, and told them during her physical of those thoughts.

"I instantly regretted it," she said, "I was met with judgement."

When she went to Planned Parenthood a couple of years later to get tested, she was scared. She didn't want to answer any questions truthfully. But there, her experience was different.

"I was met with such compassion and open arms. Nobody ever assumed who my partner was or wasn't," Woods said, "They asked me questions with a smile. They helped me engage in healthy conversation."

Ghosh said she is proud of Woods for being honored as a Choice Champion.

"I am bursting with pride," she said, "I feel I'm her mother, I'm her father, I'm her older sister, not just her professor. I'm just bursting with that maternal pride, because she's my child, my sister, my daughter that I don't have. I'm just bursting with pride."

# CU, Lion's Club host Halloween bash

**By Jac Culpo**
*Castleton Spartan*

Little kids dressed as everything from zombies to brides were standing outside the doors of Castleton University's Shape Gymnasium Sunday waiting for the clock to strike 1 p.m.

As soon as the doors were opened, the families began flooding in. Some children rushed toward the face painting station. Others went right to the golf putting game to try to win some candy.

Castleton University teamed up with the Castleton Lions Club to host a Halloween Party for local elementary schoolers. The event is organized by the Health and Physical Education Department at Castleton, but any club or team was welcome to host a station for the kids to enjoy.

"It's just a great collaborative event for Castleton University and the Castleton community," said Katy Culpo, lead organizer for the event.

Parents in the gymnasium were enjoying the event as well. With such a safe and fun environment, they could sit back and drink some cider while their kids enjoyed themselves.

"It's something fun for the kids to do on Halloween ... They keep them out of trouble, and it's free so it gives them something to do," said Tearsa Brannock, a parent at the event. Her child could be seen running around dressed as a lion.

With party music playing and kids laughing and yelling in excitement, the gym quickly became so loud you had to be within a few feet of a person to have a conversation.

The stations themselves offered various challenges for the kids. If they succeeded, they got to take a piece of candy including Snickers and Lifesavers.

One little girl dressed as Wonder Woman could be heard yelling "I got a strike" over at the bowling station. A small group of kids were running from station to station competing to see who could win more. Even some parents were getting in on the action, trying to beat their children.

Events like these are great for the college students who work them as well. They get community service hours and simply have a good time.

One of the CU student volunteers, Kaylee Boutin, said the college students may get more out of it than the kids do.

"We get a chance to experience what it's like working with children, and it allows us to develop those skills and it's just a lot of fun to be around them," Boutin said.

The event began to wrap up around 3 p.m., and by that time most of the kids were ready to go home and eat their winnings from the previous two hours of play. By 3:30 you wouldn't have known the event took place.

"It was fun and there was a lot of activities… but they could have stepped up the haunted house," said a laughing Ella Kuehn, one of the local grade schoolers in attendance.

JAC CULPO / CASTLETON SPARTAN

**Castelton area children enjoy a Halloween party in the S.H.A.P.E gym.**

# 'Chew Customs' creates sweet sneaks for students

*Continued from page 1*

Castleton students are well aware of his shoe painting expertise. Elizabeth Boutin had a pair of shoes she was thinking about throwing away, then decided to let Chouinard do his magic on them.

Chouinard took an old pair of Boutin's beat up Nike Roshes, cleaned them up and gave them a starry night look with a black background and white stars.

"I gave him a pair of sneakers and told him to make them cool. He went above and beyond exceeding my expectations. It's awesome to see someone that uses his interests and talents in a unique way. As someone who loves sneakers, it was awesome to add something a little different to my collection without breaking the bank," Boutin said.

Chouinard does all of his painstaking shoe art by hand.

"With leather, you have to take off the normal finish that comes from the factory, so you use an acetone base to break down the finish and make a porous surface, kind of like a canvas," he said.

After using a specific type of paint, the finish, which is similar to the factory finish, has to be put back on to protect the art.

"It's nice to know that there's someone in Castleton that could fix up a pair of old shoes or just switch up the style of a pair of shoes I have," said senior shoe guru Rohin Saini.

Saini can always be seen sporting a new looking, fresh, clean pair of shoes.

"Sometimes I get sick of wearing a pair of shoes and I want something different, so knowing that someone can add some style to a pair of shoes I've had for a while is awesome," he said.

Student Mary Cate Franks is another happy customer.

"What he made for me was far more beautiful than I imagined, he even added thistles, which are the national flower of Scotland, a country whose nationality my bloodline shares," she said. "Without a doubt I will come to him again for some great designs."

And while the work is intricate and time consuming, the price really doesn't reflect that.

"I usually charge 50 bucks," Chouinard said. "That's kind of my flat rate. Depending on the intricacy of the design, you know, if someone wants a portrait or something really intense on the shoe, obviously I gotta charge a little bit more because it takes more time.

"I know my audience and my customer base here at Castleton and back home is mostly younger kids who don't have the money to pay for $150 dollar customization on shoes that they already paid 100 bucks for."

Chouinard can be reached from on Instagram at @chewcustoms, or on his Chew Customs Facebook page.

OLIVIA MAHER / CASTLETON SPARTAN

**'Chew Customs' tricks out sneakers at 50 bucks a pop for college students. He says he knows his audience and what the kids here like when it comes to the coolest shoes.**

# My NBA prediction

**By Dylan Blowers**
*Castleton Spartan*

The NBA season tipped off Oct. 17, and just six minutes into it, a horrific stomach-turning injury dropped Celtics' big offseason addition, Gordon Hayward, and is likely to end his season.

Since then, reigning MVP Russell Westbrook has been putting up triple doubles, Giannis Antekokounmpo has made an early case for this year's MVP award, and the Cavs and Warriors have looked beatable.

Antekokounmpo, more commonly known as the "Greek Freak" (mainly because hardly anyone can spell or pronounce his name), has led the Bucks to a 4-2 start with a very impressive all around stat line of 39.2 points, 10.6 rebounds and 5.6 assists per game, all while creating highlight reel plays. Watch out for these Bucks should he keep putting up numbers like these.

The Cavs (3-4) and Warriors (4-3) are both off to slow starts, with the former currently on a three-game losing streak after losing by almost 20 to the Knicks. Lebron has had to make starts at point guard, and of course he dominated. It seems like with any Lebron-led team, the regular season is like preseason – he'll mess around putting up a great stat line, and then get into the playoffs and kick it up another level to help his team.

The Warriors three losses have come to the Rockets, Pistons and Grizzlies, who have a combined 15-5 record so far. The point is, there is no reason to panic if you are a fan of Cleveland or Golden State. Both teams will still easily be top seeds in their respective conferences come playoff time.

As for other contenders, the Rockets are off to a 5-2 start, including a come from behind opening night win over the Warriors, without the services of Chris Paul. The new big three in Oklahoma City has shown great potential, and although only off to a 3-3 start, look for the wins to be coming as the season progresses and George, Anthony and Westbrook get more playing time together. The Clippers seem not to be missing Chris Paul at all, as they are 5-1 and have the best defense in the league (92.4 points per game allowed) and own the best points differential (+13.8).

The Celtics are still a strong 4-2 even after the loss of Hayward, thanks in large part to Kyrie Irving. Jayson Tatum has also stepped up with the absence of Hayward, averaging 15 points and 6 rebounds.

Speaking of rookies, let's talk about Lonzo Ball. After a poor debut against one of the league's best defensive point guards in Patrick Beverly, he has shown flashes of greatness, including excellent court vision. He played very well defensively against John Wall, one of the better guards in the game. Fellow rookie guard De'Aaron Fox put up good numbers coming off the bench behind veteran George Hill, but struggled to find his shot Sunday in his first career start against the Rockets.

I think it's prediction time. It's hard to bet against Lebron, especially with the Celtics not having Hayward. Teams like the Bucks and Wizards could make some noise, but I foresee the Eastern Conference being represented by Lebron yet again. Who comes out of the crowded Western Conference? How about three superstars all chasing their first ring? Thunder over Cavs in seven games, Giannis for MVP and Ball for Rookie of the Year.

# Film room added to Spartan Arena

OLIVIA MAHER / CASTLETON SPARTAN

**The women's hockey team enjoys the new film room in Spartan Arena.**

**By Brendan Crowley**
*Castleton Spartan*

The Castleton Blue Line Club, the sports booster club for Castleton men's and women's hockey, was able to raise a significant amount of money this past season in memorial donations for Phil Varney.

Varney, who passed away last November, was instrumental in building Spartan Arena before Castleton University bought it. He and his wife, Janet, have been strong supporters of Castleton hockey.

With that money, Men's Hockey Head Coach Bill Silengo worked with the Blue Line Club in order to transform one of the spaces in Spartan Arena to a state-of-the-art video room.

The room is a revised space for both hockey teams to review game film. The former Blue Line Club Room was chosen to become the video room.

President of the Blue Line Club Bill Wiles, who is now a part-time English Professor here at Castleton, stated that, "No other Division 3 school has something like this. It's a great recruiting tool."

The video room includes green chairs designed with the Spartan logo, whiteboards for diagramming plays, and a brand new large monitor that can be used as a telestrator. Most importantly, it's a place where the hockey team can all gather together as a team besides the locker room.

"The key feature is that everyone can fit in their at once," explained Wiles. Silengo stated that the room will mainly be used for the breakdown and presentation of game film to the team.

In addition to that, with the help from a significant donation from Cutting Edge, a recreational women's hockey league, the Blue Line Club was also able to renovate the coaches offices overlooking the ice.

Silengo expressed his utmost gratitude for the Blue Line Club. "We are thankful for the Blue Line Club and Phil and Janet Varney's generous donation that allows us to have a state of the art video room. What the Blue Line Club members do for our team is invaluable and we cannot thank them enough."

As the 2017-18 season begins for both teams, the Blue Line video room will be very helpful towards their adjustments and improvements.

# No.1 and it feels so good

## Spartans claim top seed in NAC playoffs for the first time since 2013

**By Jordan Lumsden**
*Castleton Spartan*

Coming off four straight shutouts the Castleton men's soccer team won't have to worry about playing a road playoff game, claiming the No. 1 seed in the North Atlantic Conference playoffs. After three consecutive 6-0 victories over SUNY Canton, Johnson St. and Maine Maritime followed by a 4-0 win against Husson, Castleton found themselves 9-1-2 in its last 12 games and 10-6-2 overall.

"It's a lot of not giving silly fouls," said senior goalkeeper, Aaron Parker, on the recent streak of shutouts. "In a couple games we've given up some fouls at the top of the box and they've had some free kick shots."

Parker has a save percentage of .784 with 76 saves which ranks him fourth in the NAC in each of those categories, while also posting a 1.24 goals against average which is second in the league.

This is the first time since 2013 that the Spartans have grabbed the top seed for the NAC playoffs.

"The defense is good enough to keep the offense away from coming in the middle and they don't get a good enough shot," Parker said about the team's victories to secure the top spot.

But there were some bumps in the road. The Spartans started the season 1-5 and tensions were high. After losing to Potsdam 4-1 on Sept. 10 the team cam together to try and reverse their losing skid.

"We just had a respect issue and we discussed it as a team… I think that really helped the team aspect on and off the field," said sophomore midfielder, Jack Kingdon.

The Spartans would lose the following game to Keene St. 2-1, but Kingdon said it was the "turning point."

"I think it was a little bit of a chemistry issue, we weren't really gelling to well and getting used to new personalities," said junior defender and captain, Thomas Kirk.

SELDON HILL / CASTLETON SPARTAN

**Thomas Kirk evades a defender in the 6-0 shutout win against SUNY Canton on Oct. 14.**

The team has turned it around in the second half of the season behind the offense of freshman forward Seraphin Iradukunda.

"He's one of the most skillful players I've ever played with," Kirk said

Head coach John O'Connor said that Iradukunda adds another dimension to their offense. Iradukunda is currently tied for the league lead in goals with 13 and third in points with 30.

"He can break down players individually. We have players that can do that but that's kind of his consistency that he gives us is he's always a threat. Whether it's getting behind whether it's getting the ball at his feet and dribbling people," O'Connor said.

O'Connor also mentioned how Iradukunda and Kingdon have meshed during the second half of the season contributing to such a fluid offensive attack. Kingdon was last season's rookie of the year and is third in the NAC for assists with nine.

"At the beginning it was like we were playing two different games." Iradukunda said about he and Kingdon's disconnection.

He added that both have good footwork so with some help from coaches they were able to combine their attacks.

Both Kingdon and Kirk agree that the mindset going into their semifinal match is one game at a time.

"(We) can't overlook anybody and it showed last year, got upset in the semifinals by (New England College). They were hot and we just took them for granted," Kirk said.

Kingdon also added that if the team stays calm and stays composed they'll be where they want to be - NAC Champions.

But Iradukunda has a different mindset.

"Five goals probably. Maybe six, I don't know. Sometimes coach doesn't let me have my hat trick but it's okay,"Iradukunda said. "I'm going to try and have three in the first half then when he takes me out I'll at least already have three."

With an 8-0-1 conference record the Spartans earned a first-round bye and will face New England College in the semifinal match on Nov. 1 at 6pm at Spartan Stadium.

"We have to set the tempo we have to show them that we mean business and that they have no chance of scoring on us, playing with us, they don't belong on the same field as us. We have to set that tone the first five minutes," Iradukunda said.

# Jason Kratky joins men's basketball coaching staff

**By Jac Culpo**
*Castleton Spartan*

The Castleton men's basketball team has a fresh face on the bench this year. No, it's not a new recruit or walk-on, it's assistant coach Jason Kratky.

Coming into this season, head men's basketball coach Paul Culpo knew he needed to add some staff members after losing assistant coach Mike Shewmaker to a head coaching job at Norwich.

"I put an ad out online, and after sometime it became clear that he was the guy," said Culpo, who also added former player Keith Schneider to the coaching staff earlier this month.

Kratky was quick to credit Culpo when asked about what drew him to Castleton.

"He just seemed the most up front, honest, you know blunt ... so I related to that immediately," Kratky says of his first interaction with Culpo. He also gave praise to the Castleton University website.

This will be Kratky's first coaching job since graduating from Kent State in December of last year. His lack of experience is also a strength though, according to Culpo.

"He brings a fresh set of eyes," Culpo said of Kratky's strengths as a coach. "I feel that's always a good thing to have."

Kratky himself feels he can bring something new to the staff in how he creates bonds between the players.

"The main thing I'm going to bring this year to this team is true togetherness, brotherhood, and trust in each other to win games," he said.

He also said his focus on defense as a coach could help the team get out on the break more and play the high tempo offense Culpo likes to run.

The players seem to agree as well. Sophomore guard Taurian Archie said, "I like him. I think he'll be really good for our team and I think he'll bring something to the table to help us."

Transfer guard Chris O'Brian had similar thoughts on the new coach stating.

"He seems like an interesting character, but in a good way. He seems like he is gonna bring a new energy and a new vibe to the team and I'm excited to get started," O'Brien said.

The players aren't the only ones excited to get started either. Kratky said he has been getting himself pumped up for practices all week.

The basketball side of being here isn't the only thing exciting him either. Being in the Castleton area and meeting all new people has been one of his favorite parts of making the 600-mile trek east.

"You can't get through life by yourself so I think meeting people is the biggest thing. That has opened my eyes to Vermont," he said

The men's basketball team season opener is Nov. 15 at home against Skidmore.

COURTESY OF PAUL CULPO

**New men's basketball assistant coach Jason Kratky comes to Castleton after graduating from Kent State University in December.**

# Lady Spartans draw with Keene St., 1-1

SELDON HILL / CASTLETON SPARTAN

**Makenzie Bellando makes a play on the ball in their game against Keene St. on Oct. 25.**

**By Jac Culpo**
*Castleton Spartan*

The Spartans women's soccer team played its last regular season game against Keene State, ending in a hard fought 1-1 draw last Wednesday.

Both teams found the back of the net in the first half, but that was the end of the scoring. Castleton forward Makenzi Bellando blasted the Spartans to an early lead five minutes into the game. Rylee Nichols lofted a pass over the Keene State defense and Bellando buried the first shot of the game into the left post for the goal.

But Keene State dominated the first half, taking 10 shots to Castleton's one, and managed to get one back 25 minutes in. Taylor Fargland snuck it past Castleton goalie Kylie Baran after a free kick by Katie Silegy found its way to her feet.

The second half was a defensive battle that saw neither team able to score. Nichols found an opportunity late in the half on a break away, but the Owl's goalie Shelby Offord made the save. Baran was equally stout, making four saves in the half.

The overtime periods were more of the same as both teams found cracks in the exhausted defenses but couldn't capitalize.

Despite the tie, Keene State was in control for most of it, boasting 27 shots (11 on goal) to Castleton's five shots (three on goal).

Offord finished with two saves for the Owls. Meanwhile, Baran finished with a career high 10 saves. When asked about how important Baran, a senior who had played no games in goal prior to this season, has been to the season, head coach Chris Chapdelaine was all smiles.

"It's been awesome, who would've thought that's what would have happened or that's what we'd have seen, but you know, she's stepped up in her senior year and made the ultimate sacrifice," Chapdelaine said. "And she's been terrific."

The Spartans finished 9-7-2 overall with a strong 8-1 NAC conference record. For Chapdelaine the season was a success.

"I think we've had a pretty good season. We lost 16 players from last season ... I'm really proud of our work ethic and how these girls bring it every day," he said.

Up next for the Spartans are the NAC playoffs and they're looking to make a deep run as the second seed.

# CU crushed by Maritime

**By Tim Brosnan**
*Castleton Spartan*

The Spartans suffered a crushing defeat to the SUNY Maritime Privateers this weekend, to the tune of 61-7.

Coming off an exciting victory at home, Castleton was blown out on the road for the second time in three weeks.

Yet, some had high hopes coming into this game.

"I hope this game can bring us closer, not just as a team but as a family," said senior linebacker Joel Antoine. "A victory would be a good way to send the seniors on the team off, and a good tempo setter for the young bucks of the team."

A noble thought, no doubt, but clearly this game did not go according to plan for the Spartans. It was an entertaining game to watch – if you were a fan of the Privateers. But for Castleton fans, this one was simply unwatchable.

A beautiful view of the Freedom Tower and Empire State Building across the water on a bright and sunny day did not translate to a beautiful outing for the Castleton.

Facing a Privateers defense that came into this one allowing just 18 points per game, the Spartans struggled to move the ball. They accumulated just 211 total yards, while going 0-5 on fourth down conversions and 3-15 on third down conversions.

Forty-three rushing attempts for Castleton resulted in just 61 yards on the ground for a 1.4 yards per carry average. The first half saw them turn the ball over three times with one interception, one fumble and one blocked punt. Miscommunications and drops by the Spartans receiving core plagued the offense for most of the game.

SELDON HILL / CASTLETON SPARTAN

**Moe Harris makes a run behind the block of teammate Nick Boles in the Spartans 17-14 win over Dean on Oct. 21 at Spartan Stadium.**

The Spartans defense and special teams faired equally as bad, giving up 35 first quarter points, although the turnovers certainly didn't help. At the end of the day, they had given up 61 points to the Privateers, which is a season high, both for Castleton's defense and SUNY Maritime's offense. This game was the third this season that the Privateers were able to score over 50 points, but their previous season high was 59.

Later in the game, the Spartans were able to salvage what was left of their dignity with a 5-yard touchdown plunge by star running back Moe Harris, which was helped by a fumble recovery on the opponent's five-yard-line.

"I'm glad we were able to put some points on the board at least," said senior fullback Chris Oettinger. "We have to be better though. It isn't just the defense; a lot of the blame falls on us as well (the offense). Obviously this isn't what we expected but we're just going to have to keep grinding."

Castleton's record now falls to 4-4 on the season. They will now shift their focus to their home finale next week versus the 3-5 Gallaudet Bisons.

# Spartan sports at a glance

**By Jordan Lumsden**
*Castleton Spartan*

### Men's Ice Hockey

Seven different Spartans scored in all three frames to help Castleton cruise past Wentworth, 7-2, in their 2017-18 season opener. Glenn Wiswell, Troy Taylor, Ryan O'Malley, Kurt Johnson, and Mark Shroyer each had one goal while Caleb Fizer and Otis Goldman recorded a goal and an assist. Ryan Smith tallied 3 assists. Goaltender Ryan Mulder, recorded 31 saves and Castleton outshot Wentworth 41-33. The Spartans were 2-7 on the power play. The team returns to the ice next when they face conference opponent Babson at Spartan Arena on Nov. 3 at 7 p.m.

### Women's Ice Hockey

The Castleton women's hockey team currently sits at 1-1 after a 7-2 win against Becker on Oct.27, followed by a 3-2 overtime loss to Oswego St. the next day. Lisa Kilroy led the Spartans with two goals in the win against Becker, while goaltender Rylie Wills made 11 saves. Castleton outshot Becker 40-13.

Goals from Nicole Trivino and Ali Stevens allowed the Spartans to force overtime but they were unable to complete the comeback. Stevens scored early in the third period to cut the Oswego St. lead in half and Trivino was able to tie it up with just a second left in the game to force an extra period. Oswego St. outshot Castleton 39-16. Alexis Kalm made 36 saves in net for the Castleton.

The Spartans play at home next when they take on New England College on Nov. 10 at 7 p.m.

COURTESY OF CASTLETONSPORTS.COM

**Savanah Graves breaks away from an LIU Post defender in their second meeting of the season on Oct. 15.**

SELDON HILL / CASTLETON SPARTAN

**Jade Remillard takes a low angle shot in their home opener against Becker on Oct. 27, which they won 7-2.**

### Volleyball

After back-to-back victories against Johnson St. and Lyndon St., on Nov. 21 Castleton was defeated by Norwich to finish the regular season, followed by a loss to New England College in the first round in the NAC playoffs both of those matches were in straight sets. The Spartans finished the season 7-16 and 3-4 in the NAC.

### Men's Cross Country

Grandon Smith captured his second straight individual NAC title, and Castleton was able to grab a second place team finish at the NAC Championships on Oct. 28 in Farmington, Maine. With the win, Smith now has five race wins this season. He posted a time of 26:24.9 in the eight-kilometer race. Freshman, Gannon McKearin finished in fourth position with a time of 27:09.3. The Spartans compete next at the Division III New England Regional in Gorham, Maine on Nov. 11

### Women's Cross Country

Two Spartans finished in the top 10 to help Castleton secure a third place team finish at the NAC Championships. Kaylyn Crompton ran a time of 20:39.4 to grab the fourth place position, and Miranda Messeck posted a time of 21:37.9 to land in seventh place. The team will travel to Gorham, Maine to compete in the Division III New England Regional on Nov. 11.

### Golf

The mens team placed 18th in the NEIGA division III championships at The Captains Course in Brewster, Massachusettes on Oct. 23. Thomas Kingsley had the lowest score for the Spartans posting a two day score of 163 landing him in the 54th position individually.

### Field Hockey

After winning their final three regular season games of the season Castleton ended up falling to University of Maine-Farmington, 4-3 in the Semifinals of the NAC East playoffs on Oct.27th in Bangor, Maine. The Spartans finish their season 11-9 and 3-2 in conference play.

### Rugby

The women's rugby team has yet to come out on the winning side of a match this season. Currently sitting with a record of 0-7-1 The Spartans face in state rival norwich to close out the season. Veronica Arnone is the lone Spartan senior this season and leads the team in tackles with 92. Castleton plays next when they travel to Norwich on Nov. 5 at 1 p.m.

Castleton Spartan

CASTLETON UNIVERSITY'S STUDENT NEWSPAPER

Wednesday November 15, 2017 CastletonSpartan.com Castleton, Vermont

# DACA panel hopes to educate

**By Carly Trombley**
*Castleton Spartan*

The Deferred Action for Childhood Arrivals, or DACA, was an immigration policy that protected undocumented minors from deportation as long as they renewed their DACA membership every two years.

DACA also provided undocumented citizens work permits, and financial opportunities for students nationwide looking to get a higher education at a public university.

This temporary protection policy was implemented by the Obama administration in June 2012 and was rescinded by the Trump Administration in Sept. 2017.

On Nov. 16, at 7 p.m. in Jeffords Auditorium, the chair of the Vermont Democratic Party, an immigration historian, and a DACA recipient will sit behind the microphones and tell their stories about what worked, and didn't work with DACA.

"He (Obama) did it because congress wouldn't even take it up to vote, so that's why he did it as an executive action, and I don't think that can be carried over from one administration to another," said Professor Sanjukta Ghosh, who agrees with the general idea of the DACA program, but didn't like the way it came about.

"Executive actions are often reversed, that's why I think it should go through congress," she said. "Debate it. If it doesn't, it doesn't pass, but debate it at least. Bring it up. For me, that's important."

Ghosh believes that the best way to reach students and audience members at the panel event, and encourage change, is to reach out to their intellectual side, rather than their emotional side.

COURTESY OF SANJUKTA GHOSH

**On Nov. 16 in Jeffords auditorium, a panel consisting of a legislator, a DACA recipient, and an immigration historian, will tell their stories and discuss the need for support for undocumented student.**

"My students are very sensitive. Young people are. So if you just tell them stories about young people who've come to get a better life and are now in jail or something, and many of them are, they're going to be moved to tears," she said. "But I'm an academic. I do want them to vote with their hearts, but I really want them to vote with their minds."

She said that's how she chose the panelists. She wanted a DACA recipient. She wanted one person to be an academic, who could tell us what this is. And she wanted one person to be a legislator.

One of the panelists, Eloisa Romero, was in the DACA program, which helped her get through university. She is a student in the human affairs master's program at University of Vermont, and an activist.

"I'm not coming to change minds," Romero said. "But I want to share a personal story."

Romero is originally from México, but she calls California her home. She has lived there since she was nine and did all of her schooling there, including her undergraduate years. In December of this year, she will finally be able to return to México for the first time in 18 years.

*See 'Gonzales' on page 6*

## Commitee formed to improve Huden

**Briana Bocelli**
*Castleton Spartan*

Castleton University's dining facilities are facing major backlash from students for what they claim are minimal nutritional options and decreasing food quality.

The Student Government Association Food Committee had a meeting on Monday open to all students and faculty to discuss ways in which Huden and other dining facilities can be improved.

James Wolfe, vice president of Campus Activities, said the food committee was formed last year, but made little to no progress and was quickly disbanded.

He said this year the committee is looking for more input from students and faculty with examples and explanation of what needs to be changed and why.

"If you go and complain about something, you've gotta have proof. I want people to document what's happening when, what meal is it, and figure out a way we can improve what we have," Wolfe said.

He said Sodexo is easy to work with and the goal is to get more student input to improve what we already have.

The Monday meeting heard discussion about how to improve food quality and the way food is delivered and presented to students.

From there, Wolfe said the plan is to take everyone's input and form a list of exactly what people want in their dining halls and bring them to Sodexo to implement changes.

He said even if the food was top quality, there would still be a need for a food committee for students to be a part of in order to keep it up to par or make changes as needed.

"Food is a requirement for living, so making that food edible and quality is really what I'm going for. I'm not saying it's not already, but how can it be better?" Wolfe said.

Izzy Gogarty, president of SGA, listed some of the main concerns that students have frequently brought up to her.

She said she hears a lot of complaints about Huden serving chicken and pasta nearly every night. Not only that, but tacos seem to be common for lunch, sometimes being served twice a week.

"I couldn't say exactly what food we'll see, but definitely more of a variety of food. Including more protein; steak, beef, fish," Gogarty said.

*See 'SGA' on page 6*

# 20 bucks well spent

MIKE BUONOCORE / CASTLETON SPARTAN

**Castleton University student Cameron Wilks shows off mountain bike tricked out with a motor and a gas tank. Now, he rides around campus zooming past kids walking to class.**

**By Mike Buonocore**
*Castleton Spartan*

Walking to class is no fun and everyone knows it. On this campus, it's usually a minimum five-to-10-minute trek to class, depending on where you live.

Cameron Wilks solved that issue in a unique way.

"It didn't run when I bought it," said Wilks, a freshman at Castleton.

He rides his old school Cannondale mountain bike to class daily. But this isn't your normal bike that you bring to school to get around campus. His bike has a motor mounted on it to spin the tires instead of using his legs.

"I just look over and I'm like, yeah you wish you had this," Wilks said when describing his journeys to class. He said the bike reaches speeds of up to 30 miles per hour under the right circumstances.

"It runs better when it's cold," he said.

He bought the bike this summer from someone who just really needed the money.

"The guy wanted $40, I walked up to him and said well it doesn't run. I'll give you 20 bucks right now. And he goes, 'all I wanted was a pack of cigarettes and some gas so that'll work,'" Wilks said.

With those 20 bucks, he's made quite the name for himself on campus.

"As a car enthusiast, I love the crap out of that thing," said student Manny Rentumis. "Not all heroes wear capes. Some are lazy and smarter than others who just walk. Some ride a jimmy-rigged hot rod bike."

Rentumis isn't the only student who has noticed the bike ripping around campus.

"I was walking to class earlier this year and heard something with a motor coming up behind me and honestly thought it was just a weed whacker," said student Olivia DeCell, "Then a kid on a bike came flying by me."

This isn't the only motorized vehicle Wilks owns.

"I own a 2003 KTM 200 SX," he said.

That is a full on dirt bike, which would be even more amusing for him and other students if he were to ride it to class.

"We ride two-up on it all the time," he said, referring to having two people on the bike. "It's basically just two bolts with nuts on the ends," he added, describing what he calls "redneck foot pegs."

With winter approaching, Wilks began talking about riding the bike when it's cold.

"It gets really cold while riding it, like going fast, especially with no wind breaker. It's just straight through the sweatshirt," he said.

But he plans to winterize the bike with some studded snow tires so that the cold winter months don't stop his quick commutes to class.

"I have 20 bucks in to it. If someone steals it, if someone breaks my lock, oh well, have fun, but they couldn't really ride it around. I'm the only person here with one," he said with a smile.

"It's the best 20 bucks I ever spent."

# Politics on WIUV

**Myles Riley**
*Spartan Contributor*

If you are a conservative on a college campus, you may want to keep your mouth shut about it, especially while on the air.

After only a few minutes with Josh Lake, an honors history and political science major, as well as the founding member of the Democratic Leadership Club and frequent guest on WIUV Radio, it became very clear just how intolerant and divided students at Castleton University really are.

Lake tried to describe the political conflict among students at the university.

"There are so many memes out there that say, 'if you're a conservative on a college campus, you're fighting a war,'" Lake said. "You're going to be looking at a population which is mostly democrats or liberals, rather."

He then went on to emphasize the frequency of people rapping on the windows of the WIUV office, followed by a middle finger aimed at the Republican Club during live broadcasts. He said students can hear the broadcast in buildings on campus, and they walk over to the office to show their intolerance of what's being discussed.

Lake summed up this behavior as "disgusting."

So here we have Lake, a founder of a liberal club, defending republicans. He said this sort of intolerant behavior "is the big issue I see on college campuses."

"Students don't want to talk about what they feel is important because they think somebody is going to disagree with them," he said.

The discussion then turned to the relationship between the radio station and the politics on campus. Asked what it is like to talk about political issues with republicans on the radio, he said the conversations have always been calm and completely understanding of differing viewpoints. Only when ignorant people start making obscene gestures from outside the station does the atmosphere become less so.

But Lake said this behavior is not native to actual liberal intellectuals, nor conservative intellectuals, but rather from people who dismiss the idea that there is more than one way of thinking. The people who bashed Obama are the same sorts of people who are now bashing Trump, the only difference being their supposed political stance, he said.

"If you ask them why they hate Donald Trump, what piece of legislation of his they don't like, what it is about him they don't like, they have no answer other than the typical ad hominin insults," he said.

*See 'Lake' on page 6*

# Mural unveiled

MARTIN VANBUREN III / CASTLETON SPARTAN

**The mural of Castleton done by Peruvian artist Persi Narvaez is displayed on Babcock Hall.**

# Is it worth the risk?

The United States has a gun control problem. Whether you believe that "guns kill people," or "people kill people," in either case, people are dying from bullet wounds. For some reason, U.S. citizens seem more prone to shooting one another than citizens of other countries. Maybe it's because everyone's so mad at one another about differences in opinion regarding gun control.

Many people think we should just require everyone purchasing a firearm to first acquire an appropriate license and to undergo a background check. Many countries that have a more strict process for acquiring guns, such as the UK, have far fewer shootings per capita than we do.

Of course, the focal point of the counterargument is the second amendment. And frankly, quoting the constitution is a pretty strong argument. But while many conservatives quote their right to bear arms, the amendment also states that a well regulated militia is "necessary to the security of a free state."

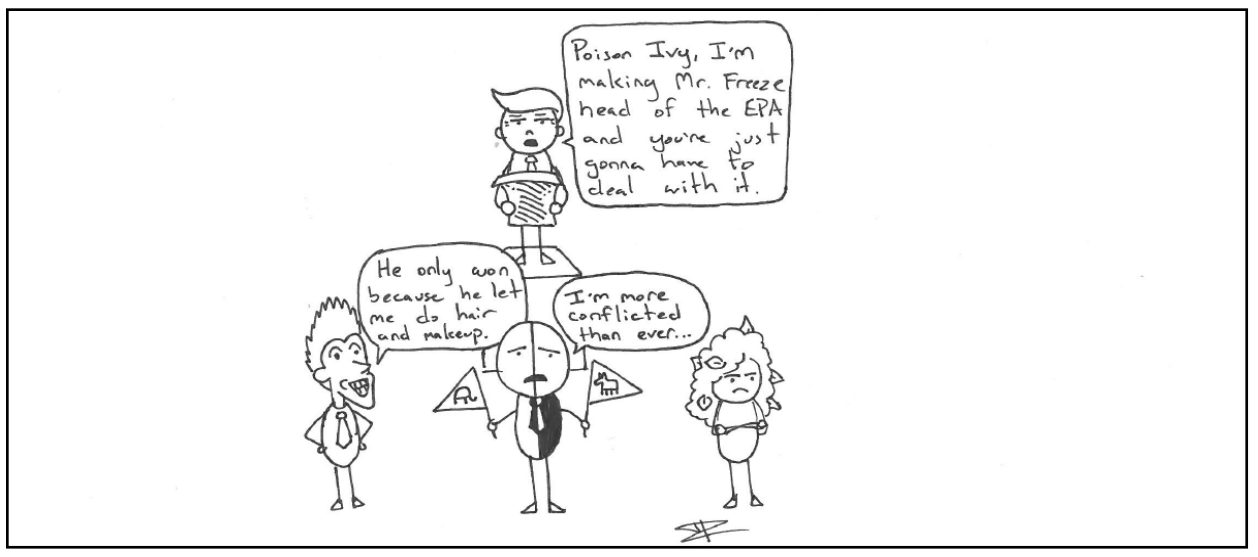
With Kim Jong Un and Donald Trump trading threats via Twitter, most U.S. citizens aren't completely confident that they won't see another war in their lifetime. However, thanks to our second amendment, most of them feel fairly secure within their own homes. It is commonly said that Americans simply have too many guns to make invading the United States a real possibility.

The thing is, we don't really have militias anymore. In the event of an invasion, an enemy army would likely be stocked with heavier weaponry than is currently legal for most citizens to own. Would we be a safer country if we could all threaten to bring our tanks out of the garage in the event of an invasion? Would we be safer if we were allowed to have a well regulated militia? Or would arming every other civilian with assault rifles pose a risk to our domestic well being?

In light of recent events, it's fairly clear that allowing the general populace to look like the professional military wouldn't be a great idea. We haven't been invaded since the War of 1812. Chances are that with the public less well-armed than the invading force, the likelihood of any real militia emerging, and the chances of a repulsion of enemy forces by civilians are both very low.

So is there really any point, beyond sport, for the general populace to have so many guns? Are gun sports enough of a reason to justify keeping them legal? Would we be willing to relinquish whatever independent capability of defense we can lay claim to? These are the questions we have to ask. Not, "how can we stop mass shootings," but, "what are we willing to sacrifice to stop mass shootings?"

-Brendan Crowley


Poison Ivy, I'm making Mr. Freeze head of the EPA and you're just gonna have to deal with it.
He only won because he let me do hair and makeup.
I'm more conflicted than ever...

# Sick of hearing 'I don't care'

I am a white woman, attending a largely white university, in the second whitest state in the United States.

I have the luxury and the privilege of questioning and talking about race – and then I get to move on and go throughout my day.

Racism is not my experience nor my life, because I am not a person of color. I am lucky enough to be able to question the institutional racism that is allowed in our country without having to fear repercussions upon speaking out.

I am white and therefore I don't have to fear for my life during an encounter with police. I don't have to endure discrimination because of my skin color or a higher rate of incarceration.

At this moment, 2.2 million people are incarcerated in the United States, and black men have the highest likelihood of going to prison, according to The Sentencing Project.

The lifetime likelihood of imprisonment for black men is one in three, compared to the lifetime likelihood of one in 17 for white men.

Ava DuVernay directed a documentary called "13th." The film was shown at Castleton University on Nov. 2. It presents the disturbing evidence that the enslavement of black people in America did not stop with the 13th Amendment. Instead, slavery has just taken on different forms throughout American history.

The mass incarceration of black men is the present-day form of slavery. White people have criminalized and dehumanized our brothers and sisters of color.

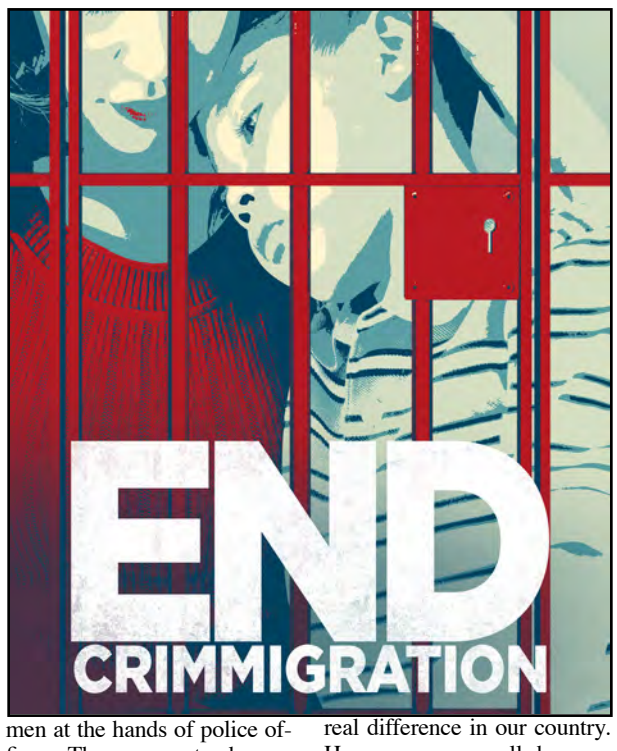
There is no place for this insidious discrimination anywhere.

I was one of the two moderators for the discussion following the showing of "13th." As a student activist and a feminist, I hoped that the discussion would inspire (or infuriate) my fellow students to make the world a better place for ALL.

Far too often I have heard on this campus, "I don't care" or "That doesn't affect me, so why should I do anything about it?"

That type of thinking is harmful and ignorant. As students, friends and humans, we need to take it upon ourselves to make positive social changes in this world, or just on our campus.

One of the most powerful parts in the film is a montage of the recent murders of black




men at the hands of police officers. There was not a dry eye in the room as we all watched the killing of Philando Castile, Michael Brown, Eric Garner, Trayvon Martin and many more who were murdered as a result of being black in our society.

As students, we are the next generation of politicians, police officers and educators who have the power to make a real difference in our country. However, we can all do more right now to end this vicious cycle of enslavement, incarceration, murder and discrimination.

If you weren't able to attend the showing of the documentary film "13th", it is available on Netflix, and it's powerful.

-Sarah Liell

# Feeling thankful, you should too

It's that time of the year again. You know, the time when Vermont starts to get cold, but Thanksgiving and Christmas are right around the corner so it's hard to actually be upset about it.

It's also a time when everyone and everything seems to be telling you to be thankful. Be thankful you have this. Be thankful you can do that. Or my favorite, be thankful you DON'T have to do that.

So naturally I am here to double down on that message and tell all of you readers to be thankful and appreciate the people and things in your life. Thank your parents, significant others, friends, even your pets.

Whatever it is that keeps you going throughout the day, thank them or it for being there. It doesn't even have to big stuff like family members, pets, or your car. It could just be the amount of free time you have on a Monday, or being able to breathe through your nose.

But I get it, thanking someone for being in your life sounds a little weird, as does thanking yourself for taking no Monday classes this semester. Fortunately, there are more ways than just saying it out loud to show people and things you appreciate having them around.

For example, the summer before I entered fifth grade, my parents pulled me aside during a family barbeque to tell me that after I graduated fifth grade we would be moving three hours away to a town in the middle of nowhere called Castleton.

I remember I cried for hours that day, I didn't want to leave all of my friends or the town I had spent the last seven years in. I also cried the day we left because I had so many fond memories in that town.

But for all the tears I shed that last year I spent there. It was the best year of the seven I had lived in Otego, New York.

I became closer friends with all of my classmates and teachers, some of which I am still in contact with. I really dedicated myself to learning the clarinet (that motivation didn't last very long afterwards). The thing I remember most, is the school play where I killed it and my teacher told me to remember her when I end up on Broadway.

As you can probably tell from reading this article I am not on Broadway yet, and don't plan to be for a while.

I spent that last year appreciating and being thankful for the time I had left with my friends and the town I called home. Not only by saying to everyone and everything that I loved them, and I was happy to have them there, but also by showing it in my actions.

We all have something to be thankful for, make sure to show that thing how thankful you really are. After all, you never know when you may lose it.

-Jac Culpo

Check us out online!
www.castletonspartan.com

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YOU ARE INVITED TO JOIN THE CASTLETON ALUMNI ASSOCIATION AT ITS ANNUAL SENIOR CLASS SOCIAL, HONORING DECEMBER AND MAY GRADUATES.
**Senior Class Social**
Thursday, November 16, 2017 • 6 - 7:30 P.M.
1787 Room, Campus Center

Castleton Spartan

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# Students raising funds for Puerto Rico

**By Mike Buonocore**
*Castleton Spartan*

On Sept. 20, Hurricane Maria, a category four storm, made direct landfall in Puerto Rico and devastated the surrounding areas. Thousands of people there are still without power, still lacking food and water, and are also deprived of various other supplies needed for daily life.

"We just lost power, a bunch of us, for a couple of days," said Molly Perkins, a psychology graduate student here at Castleton. "So I think that helps us recognize how awful it is to lose power, and they've been out of power for 42 or 43 days, so that just gives us a little glimmer in to how it feels for them so I think it'll feel good to help out."

Castleton's psychology department is holding a drive to collect goods to send to Puerto Rico to aid them in rebuilding what was demolished.

This is the first time that these psychology students have done anything of this nature.

"I'd imagine it'll feel pretty gratifying. It's a good feeling to help out," said graduate student Corey Brimmer.

"Our professor, Dr. Newell, she's a school psychologist, so she's been kind of helping us figure out how to make School Psychology Awareness Week something prominent on campus. She has a friend who lives in Puerto Rico, so she made that connection about how we can give throughout this week and that can be our focus," Perkins said.

If it weren't for School Psychology Awareness Week, the psychology students would still feel the need to help out a country in need, they said.

"Our school is already doing fund-raisers for Puerto Rico. I think the reason we're getting on board is because Dr. Newell thought of the idea and had a personal connection with someone who's there without power," said Brimmer.

There is some healthy competition between fundraisers and donation drives on campus.

"The nursing students and the athletic department both have a competition going on for Puerto Rico and Honduras. They're collecting things those countries need, we're trying to get involved with that and kind of spread it out a little bit more," Brimmer said.

The psychology students will have a table set up at most of the home basketball games in order to stretch out the effort to get Puerto Rico back on track, Perkins said.

A van will also be set up outside of Jeffords Hall for the whole duration of School Psychology Awareness Week, which is Nov. 13-17.

Items needed include bottled water, non-perishable food, baby food, over the counter medications, first aid supplies, diapers, wipes and batteries. There will also be a collection box in the psychology department of the Jeffords building.

The first game they will be collecting at will be Nov. 17, and instead of paying to get in, attendees can enter by bringing one of the above items.

# Lisa's holistic life

**By Brigitta Gough**
*Castleton Spartan*

COURTESY OF LISA DONOHUE

**Lisa Donohue is more than just a professor of health. She stays active and operates her own alternative medicine**

Lisa Donohue was practicing for her senior ski patrol exam in Buffalo, New York at Kissing Bridge Mountain. Her sister said that she should date one of the workers on the mountain named Joe. One night, Donohue was there practicing with her sister and she pointed him out.

Donohue raced him down the slope.

"I smoked him down the hill," the Castleton University adjunct professor of health said with a laugh.

They got onto the ski lift together and as they went up the lift they talked. When she asked him to remove his goggles, Donohue realized she had already met him.

They had met seven years ago, briefly, but he didn't remember her. Donohue decided to ask him on a date – but in a unique way.

"If you were going to eat SpaghettiOs, would you eat them with a spoon or fork? Don't answer all at once. I will have my people contact your people if you get the answer right and I might just let you take me out," Donohue said, recalling the moment.

He answered "spoon" and three years later they were married.

Before their wedding, she told Joe that he had to bring something with him if he wanted to marry her.

"She said 'On our wedding day you must bring a white rose,'" Joe said.

But on that wedding day, it was Donohue who brought the rose.

"In my family, a single white rose means love," Donohue said.

She explained that she worried he would forget the rose because he hadn't even known where he was going to stay the night before their wedding.

Donohue pays attention to every detail in life so she remains organized and things are done the way she likes.

Students know her as a professor at Castleton, but outside of the classroom Donohue loves to be outside in nature, horseback riding, skiing, sailing, writing and decorating. She tries to incorporate her love of nature and decorating into her second job, as co-owner and practitioner at her holistic health clinic in Wallingford, called Thrive Center of the Green Mountains.

She has elements of nature placed or hung throughout the building including a pheasant in her massage room, an end table with tree branches for legs and a clock on her wall framed in tree bark and small sticks.

Donohue and her husband opened the clinic 17 years ago. He is a practicing chiropractor and she practices over 12 modalities of holistic health including massage, reiki and acupuncture. She got into holistic medicine because of her grandmother, who was always making different concoctions using plants while working on her dairy farm.

It had always interested her.

She did not begin her career in holistic health, however. She studied marketing at Canisius College of Buffalo and got a dual Master's degree in Health Promotion and Marketing from Ohio State University.

After college, she worked in health promotion in the workplace, advocating staying in good health, but she was always more interested in the holistic side of things. This interest caused her to make the change to the holistic health field and later open the clinic.

## Not all roses

In 2012, Donohue fell off a horse. She hurt her back so severely that she couldn't stand straight for months despite numerous visits to different doctors to seek help.

"It was like someone threw gas on me and lit me on fire. I was in a heap of pain," she said.

She did energy work on herself, used apple cider vinegar, flaxseed oil and fish oil for the inflammation and Joe did chiropractic work on her until she got surgery on Valentine's Day in 2013.

Less than a year later she fell in her garage.

"I body slammed so hard that I didn't know where I was," Donohue said grimacing at the memory.

She had to get another surgery within a year and two weeks of the first one.

"It was by far one of the hardest segments of my life," Donohue said.

She struggled with the pain. She had to throw her 5-year-old son Myles' clothes up the stairs in the morning so he could get ready for school because the pain was so severe she couldn't climb the stairs.

"I still kept pushing through, working and doing everything, but I would feel like a sitting duck," she said.

Now she can move normally again, but it was not easy for her to get to this point.

"It taught me a lot about resilience. I didn't sleep for years. Every night I would be up on the hour. I never had a scenario where I didn't have this pain," she said.

Joe said it's really frustrating for Donohue when she can't work.

But before her accident, Joe was diagnosed with cancer on tax day of 2005. He and Donohue had started their practice five years before this. They were going back and forth between Boston and their home in Wallingford. They did not solely rely on the doctors for his treatment either. Donohue did energy work on him and changed his nutrition plan.

"We went from working with Shamanic healers to working with his orthopedic oncologist surgeon in Boston, who little did we know was in like the top three in the nation," Donohue said.

If it hadn't been for the Rutland Regional Medical Foley Center, they would have had to close their practice altogether, but they made it work by bringing work on their trips to Boston and working as much as they could while they were home.

Now, Donohue only takes a break from her work once a year. She teaches at Castleton and works full time in the clinic but still makes time for her favorite activities on the weekend with her family.

"People will say to me all the time 'Lisa how do you do it all?' and I'd say 'I don't' because you give up one thing to get another. You can do anything but you can't do everything," she said.

## Her Castleton life

As a professor, Donohue inspires her students to take care of themselves and has even helped one student use holistic medicine on her own.

Junior Meg Elrick, who is in Donohue's Alternative Medicine class, used reiki to help herself and music therapy to help her grandmother in the hospital.

"I was sick for a little while and had to miss one of the classes. She sent me the link to listen to reiki music and it's supposed to help with your mind and soothing. I gave it a try. I was in lying in bed and you play with your energy and it helped," Elrick said.

She believes that it helped her get better quicker. She noticed the difference as soon as the day after practicing it once.

After watching a student presentation, Elrick then decided to try another aspect of holistic health to help her hospitalized grandmother: music therapy.

"She was unconscious for, I think it was like 12 hours and then we had some of her favorite music come in and we started singing with her and she woke up," she said with a big smile.

Elrick quickly told Donohue about both experiences and was amazed at how well they had worked.

"She's very connected with her students. She's incredibly passionate about her work," said Director of Career Services Renee Beaupre White, a frequent guest speaker in Donohue's class.

Junior Brianna Heading described her teaching style as very hands-on and not lecture heavy.

"The first part of the semester, we talked a lot about mindfulness and meditation so she brought us outside and we just practiced it and stuff like that," Heading said.

During her classes, she is very positive and high energy. She has students bring snacks to class for presentations and she jumps in at the end of their presentation to give them feedback and more information on the topic.

"I think it's fun and it makes the three hours go by quick," Heading said.

After one student's presentation on music appreciation, she played a song that she said was one of her favorites, "No Matter What" by Badfinger. She danced along to it and encouraging students to do the same.

## Her Mantras

Donohue believes in many things, including the mantras and sayings that she says and uses as decorations in her clinic. Above the door frame of her massage room she has printed on the wall 'I have enough, I do enough, I am enough!'

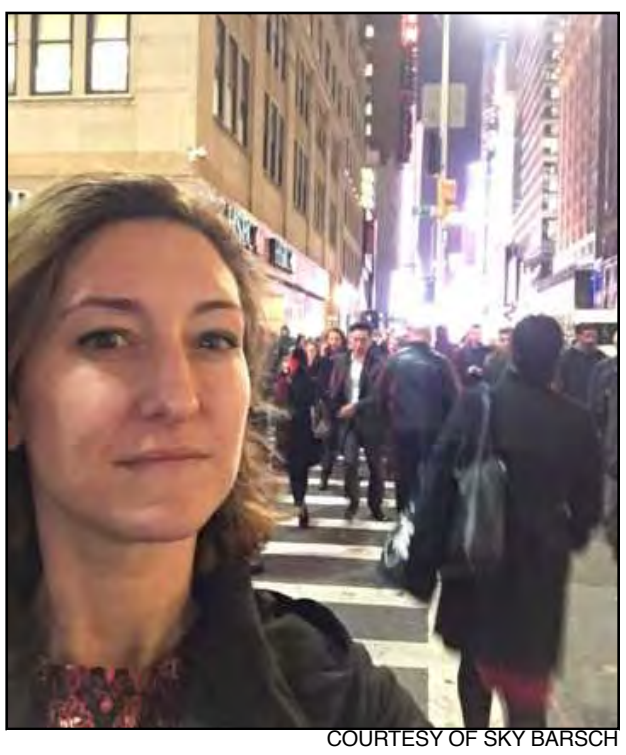
She has sayings that she tells her students, one of which resonated with Elrick. The saying is 'everybody has a story and every BODY has a story.'

"That really resonates with me because you never know what someone is going through and that's kind of what she's all about," Elrick said.

She uses quotes like these to add to the good energy of the classroom before starting class. She creates the same good energy throughout the clinic with decorations, which have a calming effect the second you walk in the door.

"She's genuine and she's very caring. She always wants to be sure she does a good job. She goes above and beyond her time," said Becky Johnson, a patient at the clinic for more than 12 years.

# Alum trades Vt. for NYC ad job



COURTESY OF SKY BARSCH

**Castleton alumna Sky Barsch moved to New York to work for *The Nation* as a reporter.**

**By Brigitta Gough**
*Castleton Spartan*

During the first snow of the season, 36-year-old Castleton University alumna Sky Barsch started sobbing on 9th Avenue in New York City. Someone approached her and bought her a cup of coffee to help calm her down. Now he is her "Instagram BFF."

This is a rite of passage in New York city.

"Apparently everyone in New York has their first public cry because you can't hide anywhere here," Barsch said with a laugh.

Moving to New York after living in Vermont for 17 years was an adjustment for Barsch. In Vermont she worked for multiple publications as a writer. She was a reporter for the Barre-Montpelier Times Argus, Burlington Free Press, and was a freelance writer for publications like the New York Times and Cleveland Magazine. She later owned Vermont Sports Magazine and became a publisher for Vermont Life.

In Vermont, she lived a very outdoorsy and active lifestyle that included mountain biking, skiing and hiking – none of which can be found in New York City.

She still remains active with her dog Siena, however, taking her on an hour-long walk every morning before going to work at her current position at The Nation magazine, as advertising director.

"You also walk so much here that you stay in good shape. I probably walk four to six miles a day just commuting," she said.

And she still goes back to Vermont twice a month to see her boyfriend and go mountain biking.

When Barsch moved to New York, she learned some hard life lessons – like don't park within 17 feet of a fire hydrant.

"Your car will get towed to a place on 12th Avenue you never want to go," Barsch said.

She also had to adjust to how close everyone was to each other all the time as well, especially on the subway.

"When I first started commuting on the subway, I was like 'I'm doing this wrong, like I keep getting bruised. People just like shoved past you," Barsch said.

She loved what she had been doing in Vermont, but she wanted to work for a bigger publication, which is what prompted the move to the city. Now, at The Nation, she works in advertising, which she had some knowledge of from her time as owner of Vermont Sports Magazine and associate publisher of Vermont Life.

"I kind of just had a knack for it," she said.

She said it's different than reporting, but in some ways it's similar.

"There are a lot of reportorial skills that are involved in advertising. It still uses that part of my brain, just kind of in a different way," she said.

She still has to research a lot and match the advertisers to her audience at The Nation.

"By coming to them with at least a general understanding of their organization, what their goals might be, you can offer that service or help them," Barsch said.

She said she struggled to fit in at The Nation at first because she was used to knowing everyone in Vermont and knowing the people she worked with. She's now tight with her co-workers, but said she wasn't at first.

*See 'Father' on Page 6*

# Storm damages WIUV tower, Haskell

**By Nicole Webster**
*Castleton Spartan*

When the windstorm whipped through campus on Monday, Oct. 30, the roof of Haskell was damaged along with the WIUV tower getting knocked out.

Toné Sawyer was the first person to notice the tower was gone. The power was down, so he went to the station to get everything back up and running. On the walk back to his dorm, he looked up and noticed the tower was missing.

Sawyer was shocked to see that the tower was no longer standing atop Haskell Hall.

"Bad words. So many thoughts were running through my head. Who's going to pay for this? What's is going to cost?" Sawyer said.

He knew he had to tell someone, so he took action.

"I texted the general manager, then Sam Green, then Mariah O'Hara and the rest of the executive board for the station and ran to see Dean Proulx in a span of five minutes," Sawyer said.

He also had to go back to the station to see what he could get running. It was only a few hours before they were back online.

The tower being gone was definitely noticeable for other members of the WIUV board as well.

"It was weird. I haven't been up to look at the tower. I don't think any of us have been on the roof of Haskell. Usually the tower is pretty visible and it wasn't there. I knew it was down but I was like 'that isn't normal.' It didn't look right. Haskell doesn't look right without that tower," secretary for WIUV Adam Cook said.

The general manager for the station, William Chmielewski, expected the worst when he heard about the tower being down.

"I was concerned about the station and what would need to be done to fix the issue. I was hoping it wasn't bad, but was expecting the worst," Chmielewski said.

Sawyer was getting the station as far out as the Dollar General in Castleton, but they haven't really tested it since the damage.

Cook saw people working on the top of Haskell and took a picture of it.

None of the members currently know how much the damage will cost the club or the school because they haven't had a board meeting yet.

On Nov. 9, WIUV was taken off the air because some new issues came up.

"They were on the air until yesterday. Yesterday with the roof repairs they had to unplug the antenna," Dean of Students Dennis Proulx said.

The extent of damage is unknown to the antenna because they need an engineer to determine whether or not it is okay. The station can be off the air for up to 30 days before needing to let the FCC know, but they would like to get up and running soon since they are part of the Emergency Activation System, according to Proulx.

Sawyer heard rumors of around $70,000 in damage to the roof alone, but that's just a rumor, so they're hoping to find out exactly the cost at the next meeting.

Proulx doesn't yet have an estimate for the damage to Haskell either.

ADAM COOK/ CASTLETON SPARTAN

**Maintenance crew members survey the damage done to Haskell Hall and the WIUV tower after a major windstorm earlier this month.**

# Too scared to talk gun control?

**By Bailey Cummings**
*Castleton Spartan*

What normally appears in this space is the Word on the Street column. A column in which I ask students a different question each week pertaining to what is going on around campus and in the world.

But, this week was different.

The question posed was, "What do you think about our country's gun laws?"

Despite approaching and asking seven different people, no one wanted to weigh in on the issue of gun control in our country and how they feel we should be dealing with tragedies caused by gun violence.

When asked the question, one student responded, "I can't answer that. It's too touchy of a subject."

Another simply said, "I don't feel comfortable answering."

The issue of gun control and laws in our country is a heavy topic, but it's one that is very important. It's a discussion that must be had in order to create change for our country now and in the future.

In hopes of getting answers to this relevant question, I would love to hear what you have to say.

Your answer may be used in the next issue.

All answers will be read and greatly appreciated.

If you would like to answer the question, "What are your thoughts on our country's gun laws?" you may send me an email at bec02210@castleton.edu

PHOTO COURTESY MOLLY DEMELLIER

**Castleton University Alumnus Nick Johnas, right, and his father-in-law, Bob Mulkern, pose with shirts signifying a life-saving liver transplant. Because of Johnas' selfless act, Mulkern was able to walk his daughter down the aisle on her wedding day.**

# The best wedding gift

**By Molly DeMellier**
*Spartan Contributor*

It was the perfect match. In more ways than one.

Amanda Mulkern and Nick Johnas met at Castleton in 2010, began dating that November, were engaged October 10, 2015, and one month and one day later learned that Mulkern's father, Bob, may not live to walk her down the aisle.

"My dad was diagnosed with liver cancer and end stage liver disease," said Mulkern. "He needed a lifesaving liver transplant or a live-liver donor to survive."

Because of where he was on the transplant list, a live-liver donor was the best chance for survival. However, Mulkern, her mother, and two brothers proved not to be matches to save her father who began to rapidly decline, but refused to let them cancel the wedding.

"We went through the ups and downs of what was going to happen," Mulkern said of the blend of wedding planning and hospital visits.

While waiting to move up the transplant list it was decided to begin attacking the cancer and after a year of radiation treatments the tumor shrunk.

"Thankfully that took," Mulkern said. "But we kind of got to a standstill last fall and my dad just kept getting sicker."

As the wedding date neared, it became increasingly clear that Mulkern may not share the day with her father.

"I couldn't imagine getting there without my dad," she said.

That winter Johnas asked to undergo testing, which included blood work, a physical examination, and detailed imaging of his liver to determine not only if his blood and tissues were compatible but also if he was healthy enough to donate.

It was a perfect match.

Exactly 75 days before the 'I do's' both men went under the knife.

After eight hours on the operating table, 24 hours in the intensive care unit, and four days in general recovery, the former defender for the Spartans left Massachusetts General Hospital with only 40% of his original liver and a 7 and a half inch incision along his abdomen. His soon to be father-in-law followed him six days later with a full life ahead of him.

"They took 60% of Nick's liver and completely removed my dad's bad liver," Mulkern said. "So Nick got the brunt of it initially."

As Johnas' body fought to repair itself after the invasive procedure, Mulkern's dad quickly began to feel rejuvenated with the unhealthy organ removed from his body.

"Within hours of the surgery Bob was doing amazing," said Johnas. "It was an uphill battle for about a month and a half but to know that everything went that well made it all worth it."

In that span, both men's bodies had almost fully regenerated their livers back to normal size and are expected to make a full recovery.

On May 6, 2017 Mulkern walked down the aisle on her father's arm and said 'I do' to their perfect match.

"As much pain as Bob was in, he was so motivated to get to the wedding," Johnas said. "It wasn't until seeing him walk her down the aisle that it really set in, everything's going to be fine."

*This story originally appeared on castletonsports.com written by Molly DeMellier, '14, assistant director of the Castleton Fund and Donor Relations.*

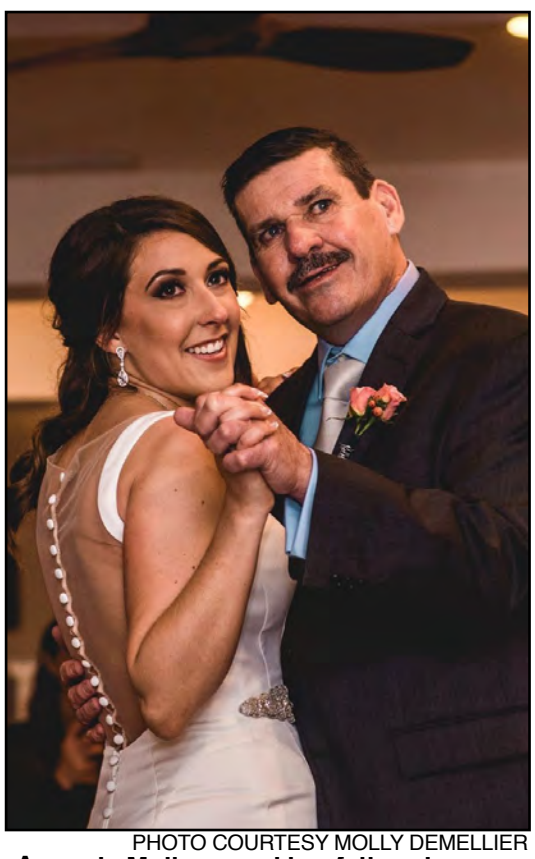


PHOTO COURTESY MOLLY DEMELLIER

**Amanda Mulkern and her father dance togther at her wedding.**

# Spanish TA adjusting to Vt. life

SHUDDER HURD-BURNELL / SPARTAN CONTRIBUTOR

**Spanish TA Sara Gonzalez, left, works on a pinata with Spanish Club students for the Day of the Dead celebration.**

**Shudder Hurd-Burnell**
*Spartan Contributor*

From Sara Gonzalez's well-heated dorm room, dressing for the day is less of a routine and more of a guessing game. When she looks out her window for clues on what to wear, she sees outfits ranging from winter jackets to shorts and T-shirts.

For Vermonters, this sounds like business as usual, but for Castleton's new Spanish teaching assistant, the upcoming winter is just the tip of the icicle.

Gonzalez, of Cachi, Argentina, is spending her first time in the United States as a new teacher and student at Castleton University.

She works as the primary teacher of two Spanish language classes, a tutor, and the advisor of the Spanish Club. She also lives, eats and studies here on campus.

Like all international community members, Gonzalez deals with a number of obstacles on a daily basis, the weather being only a minor example.

"It's the first time I'm abroad and it's my first time speaking English in real situations, so I'm getting used to that," she said.

Although she was an English teacher in her own country, she often worries that in America her English isn't good enough. After years teaching at the primary and secondary school level, she feels that she comes across as too bookish.

But her students feel differently.

"I think, like obviously sometimes it gets hard or whatever, but overall I think she speaks really good English," said Kathryn Callahan. "At the beginning of the year she told us, 'The same difficulties that you have in Spanish is what I have in English,' so like it really helped us out and everyone understands that there's going to be difficulties either way."

Delma Wood, a Castleton Spanish professor and fellow native of Argentina, understands the difficulties of adjusting to life abroad and speaking a foreign language.

"Well, this is a very challenging thing for her. Even though she learned English as a second language in her native country, of course it is different," Wood said. "When you go abroad you realize there's much more to learn and to practice."

After graduating college in 2014, Gonzalez has taken a number of courses to improve her English and her teaching techniques. She said these classes were totally different from being at a university again, yet another thing she's getting accustomed to. Currently she's taking two classes, both outside the language department.

"Yeah, it's dealing with a new educational system. It's hard to adapt," she said. "And it's the language barrier … we have to work much harder probably."

*See 'TA' on page 6*

# The legacy of Sparty continues

**Brendan Crowley**
*Castleton Spartan*

Being Sparty isn't just anything. It's a big deal.

It also holds great responsibility and passion. Those who put themselves in the costume must bleed 343 Green.

Two former Spartys' shared their experiences, and they were not all that pleasant. But it's the spirit and joy that the costume can bring out that makes it worth it.

Due to the secrecy of the bodies inside, those interviewed will remain unnamed.

First of all, the suit consists of pants, a body suit, gloves, big shoes, and the head.

There are certain rules that must be followed as Sparty. You can't talk. You must wear the Klogs, not your own shoes. And of course, you must keep the headgear on the whole time.

On hot days, there is a five minute break every 20 minutes. Ice packs are used to keep cool. And the costume certainly is hot.

One Sparty who wore it during homecoming weekend when the temperature reached the 90s claimed that it was "90 degrees outside and probably 1000 degrees inside the suit."

The second Sparty, who wore it at a football game continued on this point. "That suit sucks when it's hot out. I was sweating in 45 degree weather. Even when it's cold, you're sweating in that suit."

The no-talking rule can sometimes be costly. On homecoming weekend, Sparty was approached by NBA Head Coach and Castleton Hall of Famer Stan Van Gundy. Van Gundy wanted a picture.

Unfortunately for the person inside, he or she could not say a word to the famed coach. Still, he or she sort of met Stan Van Gundy.

Other times, children might avoid Sparty at all costs. One little girl would not give a high-five, fist bump, or even a quick glance at the mascot. You have to be able to handle being ignored.

Then of course, you have to entertain. One Sparty danced at halftime of a football game. The other took fake pictures with a crowd and of himself. One of them even got to cruise around on a hover-board.

He or she must be a comic and a crowd pleaser. It's all about making the families laugh.

And that right there is what makes it fun. The smiles and laughs are the best part of it all.

"I like putting a smile on the little kids' faces. I didn't know how much the community enjoyed seeing Sparty," said one Sparty.

"It's fun, it is. It's fun because seeing all the kids smile, and even parents and grandparents, it's fun. It's something that, a lot of people don't realize, it's a big deal around here," said the other Sparty.

Although the suit may be heavy and hot, bringing upon a major physical toll on the body inside, being Sparty is a huge honor here at Castleton. You have the ability to bring out happiness to all ages, to make an entire crowd get involved in something. That experience is an amazing feeling.

Then of course, one can forever say that they were once THE Castleton Spartan.

# You've got mail...and a painting

**Adam Cook**
*Castleton Spartan*

For most students, the mailroom in the Campus Center serves as a place to pick up mail and maybe a care package or two from home.

But for Castleton senior Emily Benoit, the window of the mailroom is her canvas. Every season, she turns the glass into a work of art, creating the changing seasons with each stroke of her paintbrush.

"I want to be an elementary teacher, so I have a lot of creativity," Benoit said. "I really like the seasons, and I enjoy painting them."

The efforts are appreciated.

COURTESY OF HEIDI COLE

**Emily Benoit's mailroom painting for March.**

Students enter the mailroom after seeing the paintings on the glass, always curious as to who made the paintings, Benoit said.

"It's really nice. It's a big window, so a lot of people can see, just for everybody," she said.

Heidi Cole, supervisor of the mailroom said she enjoys the images on the glass and that she and Benoit comes up with the ideas for them.

"I love what she does," Cole said. "We go according to the seasons. I have no painting skills, Emily does."

According to Benoit, she started doing artwork with her father when she was five years old. Her father taught her how to draw bunnies, but she says her father is not an artist.

"I always liked to draw, so he would draw with me when I was little," she said.

Benoit works in the mailroom three times a week, each shift for two hours. The paintings take four hours to complete. She said her next painting is going to be a turkey, but her favorite is the one that she recently completed featuring a scarecrow and a jack-o-lantern.

Associate Dean of Students Victoria Angis who works out of the campus center said she appreciates the paintings and what they add to the space.

"I think she's added a nice, warm, welcoming touch to what could otherwise be a pretty sterile area," Angis said. "She's very talented and it's a pleasure to see what she comes up with each season."

Benoit said her favorite reaction came from a student who was convinced that a professional had done the painting. For her, however, she enjoys seeing the reactions from people who appreciate her work.

"I really like when people walk by and they just stop and stare at the window," she said. "I just get a lot of compliments. It's really nice."

# The Fantastic Fabricator

MARTIN VANBUREN III / CASTLETON SPARTAN

**Dorante (Vinny Tatro) meets Clarice (Nicole Jane) for the first time.**

**Martin VanBuren III**
*Castleton Spartan*

In my last review, I critiqued "Rhinoceros" (perhaps a little harsher than I should've) but I want the individuals involved in every show — both cast and crew — to be able to reflect on their contribution and improve upon it.

With "The Liar," I cannot compare the performances of the actors simply because this was a completely different cast from "Rhinoceros." I ended my last review asking to have my socks blown off, and to be honest, I couldn't find them after seeing the show for the second time.

Let's talk lighting, shall we? Holy smokes. I honestly thought during an evening scene at first glance that video projections were being utilized to achieve the desired "moonlight through the trees" look. Even if it wasn't meant to represent moonlight, it still made my jaw drop; and from a photographer-perspective, I could see myself photoshopping some pretty spooky things in there. Next time!

Even the intermission lighting was fascinating! If I had one complaint, it was that the lighting during the night scene was too dark for my camera, but otherwise, it works great for an audience! Ok, so I don't even really have a legit complaint about the lighting.

The set for me was very reminiscent of the "Romeo and Juliet" stage from a few years ago. Maybe it was the building and street design combined with the foliage, but I loved every bit of it. I think the highlight for me was the fountain/statue in the middle, as well as the curly little plants scattered around the set. And it was symmetrical! So that's an automatic 10/10. Well, except for the leafy vine on the left-hand side, but it proved to be a perfect set for the production.

MARTIN VANBUREN III / CASTLETON SPARTAN

**Brandon Bailey and Vinny Tatro are hilt-to-hilt during a duel in "The Liar."**

I wasn't the biggest fan of the sound utilized for the show, but maybe that's my already-negative bias against the songs; they're the type that get stuck in your head REALLY fast. And they don't get out.

I did appreciate that the songs were all string (or orchestral) covers of the pieces. I think that definitely matched the tone of the show, and I appreciate the connection between the seriousness of the show and the seriousness of the songs used. They were both serious, and not serious.

Now let's get into the good stuff.

Vinny Tatro. Holy shit. I don't think anyone else could've played the role of Dorante better than you. You were cunning, swift, and danced through motions and lines as if everything was natural. Your physical and vocal acting was superb; I have to say I laughed an equal number of times on the delivery of dialogue AND the timing of your movement. The duel with Alcippe (Brandon Bailey) was not only magnificently choreographed, but was one of my favorite standout moments from the show.

And you didn't even duel! But you did. I definitely got a little bit of a Sherlock Holmes vibe (with Robert Doweny Jr.) where you described the duel before it even took place. The scene where you puppeteer Clinton (Anders Bright) was genius and hysterical. "Thou Bastard" was one of the highlights of the show for laughter, which prompted the entire audience to respond. The one line that woke EVERYONE up though, was "Amazing Tits." I'm sitting here continuing to chuckle, but maybe that's my immaturity.

Speaking of Bright, his physical acting and inflection paired perfectly with Tatro. I have to say, I saw a little Charlie Chaplin in his movement. The vocal sounds you made while Tatro was puppeteering you, in addition to "Are you my dad/father?" both got me good. One scene in particular that caused laughter to erupt from the audience was the Mission Impossible entrance. I have a feeling that wasn't scripted, and I think it was a fantastic inclusion.

Katy Albert (Lucrece) was right in the mix in prompting laughter from the audience. Notable moments for me were the letter opening, the "coaching" of Clarice (Nicole Jane), and any scene where she was fierce and showcasing her own loveable style of humor, which was every scene. And I loved them all.

It took audiences a little bit to warm up to the Dr. Seuss-like writing and costuming, but it wasn't long after Brandon Bailey (who played Alcippe) entered when the audience started to giggle a little more. The secret handshake got me good, but "Would you speak lower" and the procession of literally speaking in a lower pitch got quite a few laughs. Brandon's comedic timing was on point.

"I will say two words: pomegranate," also received an eruption of laughter from the audience, and was perfectly timed and executed.

Nicole Jane, who portrayed Clarice was phenomenal. She had me laughing an uncountable times during the show; but if I'm being honest, the whole cast had me doing that the whole time. The entire night sequence where Katy (Lucrece) whispered what to say to Dorante had me dying. "My god you're sexy" was delivered perfectly, alongside several other lines that showcased the hilarious duo of the two.

Rebecca Russell (Isabelle/Sabine) couldn't have been cast more perfectly. The combination of stone-cold fury (Sabine) and the adorable/flirty (Isabelle) were both portrayed in a manner where even the physical movement of each character was unique. You knew when Sabine was on her way. But both characters had a representation of their own, and were portrayed beautifully.

Kyle McCarthy (Philiste) projected some of the seriousness of the show, as his character was one of the more straight-forward and earnest of the bunch. I can't say a whole lot, as his onstage time was limited in comparison to other characters.

And lastly Virgil Van Guilder, sorry for saving you for last! The physical acting had everyone laughing as you exited with your joyful hop twice. After both times, I was expecting you to exit like that EVERY time. I felt a bit of a Gandalf vibe from your character, but I think it fit quite well. You hit both emotions as Dorante's father; pure joy, and raw fear-inducing power.

If I had anything negative to say about the performance, it would be the premature exit of the audience prior to curtain call. Holy shit Castleton, this is the second performance in a row that I have attended where the student audience has been unbelievably disrespectful. I get it — everybody in the back — you were there from 6:45ish-9:30, it's a long show. But it's also a long PERFORMANCE for the cast and crew, who have worked very hard to put the show together. You got in for free. They're unpaid. And fellow students.

Now that I've taken care of that, Vinny, Nicole, and Katy; I have photographed the three of you (I should probably include Garrett if we include "Rhinoceros," so four) the most on stage while I've been here at Castleton, and I've photographed some of my favorite characters that each of you have portrayed. I'm going to miss all of you on stage after you graduate.

I'll see you next semester.

# The fun of berating bad movies

**Zach Castellini-Dow**
*Castleton Spartan*

The hit TV show, "Community", tells about an experience we're all familiar with - watching intentionally bad movies with your college roommates. They define it as a, "Purely college experience."

In my experience, this tradition was one of the building blocks of the most important friendships I made throughout my time at Castleton. When I started in Ellis Hall in 2013, we still had cable in every room. This led to our forced-triple room being tuned into channels like BET and the Sci Fi networks constantly, hoping for a bad movie that we could all stop and joke about.

As we matured through our college experiences, we all gained our own areas of expertise. I, of course, imposed my knowledge of history on the films, while John Barone, a senior music major here at Castleton, pointed out all of the cheesy music changes. Our other friends imposed their knowledge of writing, english and photography, and it becomes a melting-pot of comical criticism.

There's a sort of mysticism that comes along with a bad movie. It's almost exciting.

When I sit down to watch the 6th "Nightmare on Elm Street" film, I know I'm not going to be moved - this film isn't going to make me reevaluate myself.

"Sometimes it's better to watch a bad movie with your friends than a really good movie," Barone said, then adding, "When everyone is watching a good movie, they're typically engaged and not talking."

He sheds light on the beauty of bad cinema in the sense that we're not looking for minute details - not picking through each scene. We're waiting for that dramatic cut that makes us almost cough-up whatever we're drinking. That ridiculous delivery from a supporting actress that somehow stayed in the movie, or even the absolute garbage fire of a track that some unknown musician put together for the credits.

What upsets me about engaging movies is that I feel like it's my social responsibility to be quiet. I'll take it upon myself to sometimes shush someone next to me if they're being too disruptive.

That goes out the window when I'm wearing pajamas, drinking beers and watching a terribly-great series like "Pumpkinhead", or the standalone juggernaut that is "Spiders 3D."

I think the best thing about watching these movies is the memories it creates. It starts with a single joke someone makes, and it'll make a few appearances during the movie. In the next few days, we'll be somewhere - in public, at dinner, or even walking down the hall, and something will spark that reference.

The best moment is when you look and your friend in a public place and both yell something stupid in unison like, "MOOOOSE!" Then, a year later you or a friend will pick that reference out of nowhere and the cycle starts all over again.

"There's something about wasting time watching a movie that totally sucks that's just awesome," says Doug Jeffery, a Business student here at CU.

He really nailed the therapeutic aspect of watching bad movies. Even though you don't have to be totally engaged, it helps to take the edge off when you've been reading and studying all day.

If it's not bad movies, then grab your best friend and watch a completely new series and get lost for a little bit; If it's not any good then at least you'll have something to laugh at.

# Romero reunites with her family

*Continued from page 1*

She will reunite with family members she once had to leave behind. Unfortunately, a cousin she was very close to, died three weeks ago.

Because of her inability to return home and her family's inability to come to the U.S., she won't get to reunite with him.

"There is hope," she said. "Damage will be done under the Trump Administration, but things will get better."

"It's painful, and it's hurts, and it's frustrating, but at the same time, it's okay. We're going to make it through," she said.

She hopes to remind audience members of a few things. One, according to Romero, is that there will always be someone who is supportive of you and your dreams. That not all undocumented immigrants are people of color, and that, to her, the word "illegal" in relation to immigrants, is diminutive and insulting, because they didn't do anything illegal.

Another panelist is Faisal Gill, the chair of the Vermont Democratic Party. He came to America as an 8-year-old boy who left his school, friends and language. As a child, he didn't want to come to the United States. Now, he said, "If I had to return, I don't know if I would have survived."

"He has three things going for him," said Ghosh, "He's a labor lawyer. He has been an immigration lawyer. And then, he's Pakistani-American and Muslim-American. He will give us so many perspectives."

Gill hopes to share his ideas and goals for a new bill he plans to get passed, ensuring that all Vermonters have the right to a public defender if arrested, including those who are undocumented.

He feels it is horrible for people to be going after the "dreamers" because they are productive and beneficial members of the economy and society.

"I think congress needs to solidify their status immediately because the Trump Administration keeps coming back with, 'it's the law. It's the law. We have to do it.' But there are some laws that we know are not for the good of the public. I don't see any benefit in enforcing this law," Gill said.

He also said that he feels it is a huge waste of resources trying to round up the undocumented citizens to get them deported.

"It's like sending all the Vermont State Police on Route 89 and saying stop every single person who's speeding," Gill said, "Or going after everyone who's ever jaywalked."

He hopes that by getting to speak on the 16th, that people really start to understand what the issue is. And according to Gill, yes, being a nation of laws and following the law is a valid point, but to enforce that law and take someone who was brought here when they were a baby, who is now a young adult and productive member of society, and send them to a country that they never knew, does no good for society.

"I think everyone should be writing to a congressman and saying, 'we need to resolve this issue,'" he said. "And another thing we need to do is make sure that every single person who's going to legal proceedings have legal representation."

The final panelist will be Kevin Scott Wong, a professor at Williams College and an immigration historian.

Gill, Romero, and Ghosh seem to all be on the same page when it comes to the impact they want this panel to have on the audience. They hope to inform, and educate, rather than break hearts and invoke tears.

"I'm not going to tell them that we are giving them facts. We are giving them accurate information. Information that can be backed up. Not fake news," Ghosh said. "After that, do what you want with that information. And go away armed with that information."

# Lake defends Republicans' radio rights

*Continued from page 1*

Lake uses this sort of question to gauge how "into" politics someone is.

"If all you can tell me is the worst thing about Donald Trump as a person, and not Donald Trump as a president, it's not worth having a political conversation with you," Lake explained.

He went on, describing the lack of support his liberal friends give him when he says this sort of thing. This doesn't bother him, though, because he said he wants to talk policy.

"The Republican Club and I talk policy and political philosophy on the radio," he said.

Lake doesn't like Donald Trump as a person, nor as a president, but "what makes me dislike Donald Trump, the man, shouldn't make me dislike Donald Trump, the president."

Toné Sawyer, a leader at WIUV, stressed that political debate is good and he said "the Vermont State College System has adopted freedom of speech policy that allows them to say anything that falls inside FCC regulations."

According to Lake, however, the political divide on campus may be less about politics and more about virtue signaling.

"It's less of a political divide and more of a divide among those who are invested in politics and those who pretend to be," he said.

William Chmielewski, the general manager of WIUV, does not see a big problem among students at Castleton regarding political debate on the air.

"There is some negative stigma around the Republican Club, as we are at a Liberal Arts University. But for the most part it is not shown very much by most of the student body, other than a few prank calls," he explained.

And he said opposing views are noteworthy, demonstrating the wide range of opinions and voices found on Castleton University's campus.

Political science professor Rich Clark also discussed the need for political debate and free speech, even if the values may seem in the minority. He also cited a Pew poll in which 51 percent of republican college students said they felt "coldly" about professors whereas on 5 percent of democrat students do.

Clark offered several links to stories showing how republicans and conservatives on college campuses are treated differently than democrats.

"In an academic environment, conservative views can often be underrepresented, so the existence of a student club that promotes conservative viewpoints can be an important contribution to ideological diversity on our campus," he wrote in an email response.

COURTESY OF MYLES RILEY

**Democratic Club member Joshua Lake talked recently about a lack of political knowledge and civility on campus.**

# SGA: Offer solutions, not complaints

*Continued from page 1*

She mentioned that last year Huden had two panini presses, this year they have none and students are still paying the same amount in their meal plans.

Gogarty said students want to see more gluten free, lactose intolerant and vegan/vegetarian options, instead of a daily serving of different variations of quinoa.

She said personally, she eats a salad almost everyday. What she feels should be available for students is grilled chicken and bacon bits to add that healthy protein, instead of processed deli meats or a boiled egg.

Besides discussion of how the food and service can be improved, there was also discussion about changing the hours of Huden, Coffee Cottage, and the possibility of meal exchanges at Coffee Cottage.

"We can be talking about early birds, or athletes who have practice late at night who just need a little snack after 9:30 p.m. and you even have like 7:30 p.m. close on the weekends. It's the weekend, people are up late," she said.

Gogarty said the rumors about changing food services are not true, as Castleton has just signed another four year contract with Sodexo.

She said although they signed on for four more years doesn't mean they can't make changes from within.

Another concern brought up to Gogarty by students is the fact that if you live on campus, you must have some sort of meal plan.

She said other schools in the VSC don't require students who live on campus to have a meal plan, so it's definitely possible to implement those changes here on campus.

"Students at other schools like Johnson and Lyndon, the freshmen are only required to have a meal plan," Gogarty said.

She feels if students don't want to eat at Huden, they shouldn't be forced to pay for food they're not going to eat. Gogarty added every residence hall has a kitchen, so there should be no reason students should be forced to pay for a meal plan they don't need or want.

"For students, I want to hear what you really want, not 'I hate the food, fix it.' Like if you really are annoyed with a certain food, let me know. If you really want a certain food, let me know," she said.

Community Advisor Rebekah Young is especially fed-up with the food services on campus.

When Young came to Castleton, she was gluten free. Due to the lack of variety and protein in the main dishes, she had to switch her diet entirely.

"I think that they don't supply a well balanced meal for lunch, like the other day we had corn dogs, mashed potatoes and corn for the main meal," Young said.

She said that Huden advertises well balanced meals with food from all of the major food groups, yet the everyday options available tell a much different story.

Young is also a vegetarian, but due to the lack of vegetarian/vegan proteins available, she sometimes has to eat meat for obvious health reasons.

"Quinoa is not a sufficient source of protein. Beans are fine, but beans everyday of the week? No. Healthwise, that's not good for your system," she said. "Tofu is an okay supplement, but when it's deep fried there's no nutritional value there."

Young goes to church every Sunday and usually finds herself buying breakfast because Huden isn't open until 10 a.m. on the weekends. She thinks the hours of operation can be improved and should operate as advertised.

"I went into dinner the other night at 6:30 p.m. They had nothing at the grill, nothing at the pizza station, the vegetarian section was gone, they had the main course open and only half of the salad bar, and they're open until 9 p.m," Young said. "I think it's gone too far, they've gotten away with too much."

She has high hopes that the committee and Sodexo can work together to make the necessary changes needed to accommodate everyone's dietary needs, and also provide more of a variety for people who are tired of the same thing being served.

Rob MacFarlane, general manager of Huden, said a committee like this is exactly what is needed to keep students happy with the food services.

He said having a committee that meets on a daily basis is more effective than online surveys or comment cards.

He thinks if students are talking to other students, the feedback will be more organic, but if they're talking to him, they might not be fully honest about how they feel.

"It's not my dining program, it's the students dining program ... if that's what the student body wants, then we got to figure out a way to do it. The only way we can do that is be with the students and be a part of those conversations when they're having them," MacFarlane said.

# Father's death rekindled love of writing

*Continued from page 3*

"It's much quieter, it's much more serious. Everybody's heads are down and they're doing their work. It took a long time to kind of make friends here, but now that I have and I've gotten to know people, they're amazing," Barsch said.

In her time as a reporter, she wrote some pieces she easily recalls. One was about a woman who was breastfeeding her infant before take-off on a Delta Airline plane.

She was asked to cover up, but she refused and was kicked off the plane. She then sued the airline and won because it violated a Vermont civil right that allowed her to breastfeed in public.

Barsch wrote the story and was shocked by the responses.

"I didn't expect there to be so much push back. There were some really nasty comments," she said.

She also spoke of how difficult it was to write about the funerals of soldiers who had died in the Iraq war. She said the families were grateful that she put the time in to write about the deceased in ways other than their time in the war.

Recently she wrote about her own loss, of her father who passed away suddenly a few weeks ago. He had been in the Air Force in Vietnam and when he came back, he wasn't ever the same.

She hadn't spoken to him in years because of their "complicated" relationship, but she knew she had to write about him when she visited the spot where he taught her to fish.

Emotions flooded her and the words came easily when she went to write.

"I felt like I had honored him in a way that was honest and truthful and mostly positive. I think he would have liked it," Barsch said.

This experience made her realize that she wants to get back into writing more.

"That's what I feel is in my heart, it's what I want to do with my life and maybe this was a way to bring that to the forefront again," she said.

Professors who worked with her recognized her talent as a writer.

"The thing about Sky that set her apart from other students of the time is that she actually CARED about things. She went to that first anti-Bush rally when he won by Supreme Court, not by election. Did a great story about it too," said Robert Gershon, one of Barsch's professors.

After only teaching Barsch in one class, News Media Ethics, Professor David Blow recognized how much potential Barsch had to excel in the journalism field.

"She's truly a star and someone students and faculty at CU can look up to," Blow said.

# Gonzales is thankful Castleton chose her

*Continued from page 4*

Like her food and housing, courses are fully covered by the Fulbright program. Even though they add an additional workload, she says the classes are purely for learning something new.

And that's exactly what she's been doing every day since coming to America: learning.

"From Fahrenheit to Celsius or from ounces to kilograms, everything is new. I feel like I am a child again. Like a 5-year-old child, trying to learn everything again," she said.

Even grocery shopping has become an adventure for her. The size of the stores and the number of options for every product keep her in the supermarket all day long trying to decide what to pick.

All these things can make a person miss how simple life could be before going abroad. But what does she miss the most from back home in Argentina? She says her family, of course, but she can't forget about her cat.

"My cat! I haven't seen a cat in like two months," she said. "I'm here in the states for two months now and I haven't seen one. So yeah, I miss hugging my cat.

"This past week has been awful," she said. "I have got really homesick."

Even though she misses her home, Gonzalez has found that she's not quite as sad as she expected.

"It's like I miss, but at the same time I'm glad I'm here and that I have this opportunity for personal and professional enrichment," she said. "So I miss lots of things of my country, but at the same time I enjoy this experience I'm having right now."

As an international TA, Gonzalez found her way to Castleton through the Fulbright program. The program uses a matching process to assign TAs to their preferred universities and vice versa. The candidates are given five choices of colleges to rank, then the universities are given five candidates to rank as well. Castleton wasn't her top choice, but it wasn't from lack of interest.

"I didn't expect to be matched with Castleton. It seemed kind of impossible for me. I saw the profile and I was really interested in the university. But I thought that they, the university, was never going to pick me."

Though she misses her cat, her car, her family, and the food, she doesn't regret coming here at all. She's grateful to have been picked by Castleton and feels that a small community like this is where she can stand out and really make an impact. At Castleton, she feels like she's part of something.

"I'm glad that I am here. I really love the university. It's like I have felt this many times, that there was no better place for me than being here. I really enjoy it. It's like the people, the warm environment that you can feel here. And well also the landscapes. Everything. It's just, it's perfect. It fits me."

# Laying a foundation

FRANKIE DOLNEY / SPARTAN CONTRIBUTOR

**Castleton students and faculty work on the foundation for a new greenhouse.**

# Spartan women take home NAC championship

**By Jac Culpo**
*Castleton Spartan*

The Castleton University women's soccer team took home the NAC championship in a double overtime thriller versus Husson on Nov. 4.

The win gave the team an 11-7-2 record and an automatic bid into the NCAA tournament. Husson's season came to an end with a record of 9-7-1.

Bronwen Hopwood collected a through ball at her feet and maneuvered her way past several Eagle defenders before sliding the shot by Husson goalie, Sami Ireland, and into the left corner of the net for the win.

The first half was a tense back and forth for 45 minutes. While both defenses stood strong, neither team was short of scoring opportunities throughout.

The Eagles had a great opportunity midway through the half, but the header by Taylor Fortin was stopped by Spartan goalie, Kylie Baran. Soon after Castleton forward Makenzi Bellando had a breakaway, but her shot sailed just right of the goal.

The second half would continue the back and forth battle. Hopwood had a shot halfway through the second half that looked promising, but Ireland managed to get her hands on it. Husson would attempt to strike back as they approached the end of regulation, but Baran and the Spartan defense stood tall, holding off all efforts.

As the first overtime began, the tension in the arena was rising quickly. Neither team was able to gain a real edge, and only Baran made a save throughout, off a shot from Husson's Leah Hibbad.

Castleton controlled the ball for much of the second overtime, eventually leading to the game winning goal from Hopwood.

The crowd erupted as the team, including head coach Chris Chapdelaine, stormed the field to celebrate. The crowd wouldn't quiet down for several minutes as everyone continued to celebrate the women's first NAC title since 2012.

"It feels awesome. I don't even know what to say," said Chapdelaine after the win, "I'm just so impressed with our team. I thought we stole this game from them, but that's who we've been this year, we've been opportunistic and clingy."

The goal itself was a ride for Chapdelaine as well. "Bronwen is such a snake she is all over the place I thought she was going to fall, she got her balance had a little cutback this way, it seemed like eternity, the keeper was coming, and honestly, she shot and I just ran on the field. I didn't even know if it went in," Chapdelaine said.

Baran was named NAC Tournament MVP after her stellar performances throughout the tournament. Joining her on the All Tournament Team were Bellando, Rylee Nichols, Kaitie Sanders, and Hopwood from Castleton. Hibbad, Kylie O'Connell, and Alex Speed from Husson. Kayla Pugliese and Jaycie Triandafilou from New England College. Lastly, Abbie Sansoucy and Corrie Hoyt of Colby Sawyer were named to the All-Tournament Team.

Hopwood was full of pride after being named to the All-Tournament Team, but not just pride in herself. "It means everything, we have worked so hard over the past couple of months and we did what we needed to do. And now that we're leaving the NAC, we finally leave with a win and the chip."

SELDON HILL / CASTLETON SPARTAN

**Julia Carone advances the ball upfield while being pursued by a Husson defender in the NAC Championship game on Nov. 4.**

The Spartans were matched up against MIT, ranked second in the New England Region, in the first round of the NCAA tournament this past weekend. MIT advanced to the second round, and Castleton's season came to an end. Despite being the first team to score two goals against MIT in the first half, the Engineers would go on to score 5 unanswered goals. The final score was 7-2.

# Former CU star takes talents to Austria

**By Brendan Crowley**
*Castleton Spartan*

Dave Brandt, a Contoocook, New Hampshire native and 2012 Castleton graduate, was a star baseball player as a Spartan. He is now playing the game he loves for a small baseball league in Austria, the Austrian Baseball Federation.

Brandt, who is a player and coach for the Attnang-Puchheim Athletics, is coming off of a brilliant season which includes many accolades. He won the league's Most Valuable Player award, leading the league in batting average.

He also won Coach of the Year. Finally, the "icing on the cake" was leading his team to a second-consecutive championship in his second year on the team.

"I had a great year personally, I played shortstop and leadoff [my lineup], and I had a lot of fun doing that. I really just had a good feel, and I had a lot of confidence that kept going through the whole year," Brandt said.

He currently holds the single-season steals record at Castleton with 47. He had a batting average of .299 in his final year, and he won the NAC Conference Defensive Player of the Year for Center Field in 2012. His team won the NAC tournament that same year, capping off his impressive senior season.

"The one thing I was really learning how to do at Castleton was to work hard and create a good work ethic. That's definitely been a huge part of creating my baseball opportunities," he said.

He also has an inside-the-park grand slam, according to former teammate Cameron Curler, which proves Brandt's extraordinary speed.

"I can say without a doubt he is the fastest player to ever wear a Castleton uniform, and it's not likely you'll ever see anybody who will take that away from him," added Curler, who also praised Brandt's defense, "I saw him get to balls and make plays that I haven't seen made by anybody else in my years of playing and coaching."

Brandt worked extremely hard to improve his speed throughout college.

Castleton baseball Head Coach Ted Shipley, who also coached Brandt throughout his three seasons as a Spartan, explained that, "David Brandt was a very special player for Castleton University baseball. He did work very hard on his fitness and in conjunction with our strength coach at the time, Al Jean, he trained hard to learn how to train like a 'pro-level athlete.' Because he was a speed athlete, he always had the potential to develop into a higher level baseball player."

Cameron Curler built on Coach Shipley's points. "The thing most fun to watch is how he has taken his biggest strength, speed, and worked really hard to make that strength even stronger as his playing career has progressed," Curler said.

He has now taken that training, and his speed, to further his baseball career overseas.

The Austrian Baseball Federation is a much different baseball league compared to what we see in the United States. The game itself is the same, but the league was not.

Rather than baseball being a profession, it is more like a recreational league.

Brandt has a separate full-time job in Austria, and baseball is a separate activity. It is not taken as seriously. There were only about 2-3 practices during the week, and games are played as doubleheaders every Saturday.

"It's like a glorified men's league," Brandt said. There are mostly volunteers, and only the managers and imported players like himself get paid.

Overall, the entire experience in Austria is incredible for him. Economically, Brandt has been exposed to socialism as opposed to capitalism, which is a much different economy. People go about their lives much differently there than they do in the United States. He also describes Austria as a beautiful country.

COURTESY PHOTO

**Dave Brandt watches ball sail after making contact in an Austrian Baseball Federation game.**

"Austria as a whole is just gorgeous. It's mountainous. It's really green. It's clean, and the food is absolutely delicious. The health standards are very high, so the food is not only very good but it's healthy."

Living in the countryside of Austria, Brandt lives near two lakes with his family. He said that they are so clean and clear that one could drink from them.

Coming to Castleton to play baseball, his hardwork and dedication led him to this opportunity in Austria. From that, he has been able to experience a whole new country. Brandt is looking to continue his success overseas in the upcoming seasons.

# The greatest of all time

**By Dylan Blowers**
*Castleton Spartan*

Cross-country running is a sport where you push your body across different terrains to get the best possible time. But it is also much more of a mental sport than it is physical, and that's what interests Grandon Smith, star senior cross-country runner for Castleton.

"I think it (running) is eighty, ninety percent mental, because there's always that point where you say to yourself 'hey, I can stop running now'," Smith said.

Since coming to Castleton, stopping is something he has not done, starting his freshman year when he won NAC Rookie of the Week six times. He ended that year by placing 14th at the NAC Championships, earning him a Second-Team All-Conference nod.

Coming highly recruited from Newtown, Connecticut by former head coach John Klein. Smith has only improved since his first year. And Coach Dave Heitkamp, who has been Smith's coach since his sophomore year, has nothing but praise for him.

"He puts in the work, does all the miles, every summer," Heitkamp said multiple times during our interview.

Smith's leadership ability also impresses his head coach.

"He's the type of teammate that will hold your feet to the fire, but at the same time, he will be standing in the fire himself."

Klein, who retired after Smith's freshman season, saw many things in him to warrant recruitment. "For me, the thing that stands out about my first meeting with Grandon were his attitude and quiet confidence," Klein reminisced. "At Castleton, I had the opportunity to coach a number of many talented runners, but by any measure, I've had none with Grandon's combination of perseverance."

According to Smith, the technical part of his running has been something that has changed and improved drastically. After two injury plagued years in high school, he put in the time to study professional running styles, shifting his own to try and avoid injury.

His sophomore year, he was the Spartan's top finisher in all nine races, and was named NAC First-Team after a runner-up finish at the NAC Championship. Last season, the accolades and achievements kept coming as he was named NAC Runner of the year for the first time in his career. He finished first at the ECAC Championship, and recorded a career best time at the NCAA Regionals in the 8K with a time of 25:26.13, which roughly translates into a little over five minutes a mile.

When asked what his goals were for the upcoming season, his answer was simple. "The NAC Championship I'm definitely looking to win. There has also been talk within my inner circle about Nationals, which is the crème de crème. It is the end of the road."

Consider one goal accomplished, as he won his second straight NAC Championship last week, finishing with a time of 26:24.9 and will next compete in the New England Regionals. He also finished the year with five individual titles in six meets - on his way to to winning NAC Runner of the Year again.

"Becoming a great runner is such a chiseling line that it makes your character so much more resilient," Smith states. I think it's fair to say he is a great runner. As he graduates Castleton this year and heads off to graduate school, he will be leaving behind quite the legacy as the most decorated runner in school history.

COURTESY OF CASTLETONSPORTS.COM

**Grandon Smith celebrates after winning a race earlier this season.**

# Getting to know Pavin Parrish

**By Robby Pereau**
*Castleton Spartan*

Pavin Parrish has his eyes set on a NAC championship this year. The 5'10 senior guard from Rochester, Vermont, is no stranger to winning big. He leads all scorers in Vermont state history with 2,479 points. This year, Parrish hopes to bring a NAC championship home to CU. *The Spartan* caught up with Parrish to learn a little more about him.

Q: What is the feeling around this year's basketball team? What should the fans expect to see?

A:"Energy and excitement, the way we play is just that. I think the fans are really going to enjoy watching us play. And, we are young. There are 7 or 8 news guys that Castleton hasn't even seen play yet."

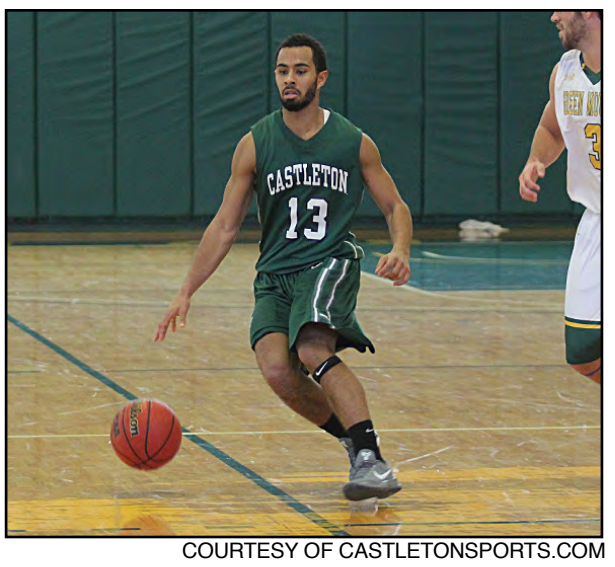
Q: You are the leading scorer in Vermont High School Basketball history, how have you been able to translate that success to the college level.

A: "Just hard work. Day in and day out, being able to manage your time. It can't all be just about basketball. Being able to manage your time outside of basketball gives you the freedom to put more time into what you really do enjoy. Both hard work and time management have been keys to me being successful."

Q: What was the toughest moment of your College career so far?

A:" Dealing with the injury's I've had. The physical demands from college are much different than high school."

Q: Are you a lucky person?




COURTESY OF CASTLETONSPORTS.COM

**Pavin Parrish dribbles the ball in a game against Green Mountain College last season.**

A: "If luck is a young mother in Oklahoma having the awareness to put their own child up for adoption, because she knew she couldn't provide the life he deserved. Then having the two most caring and genuine people I could have ever imagined pick me up all the way in Vermont, and give me a dream childhood, yeah. I would say I'm a very lucky person."

Q: I know you are a big fisherman, what is your favorite type of fish to catch?

A: "Bass, by far, largemouth and smallmouth. For me it's more the science of it, like where they are, when they are going to be there and what they want when they get there. And then the reward for the correct thinking, it's a good feeling."

Q: How about a favorite place to catch them…. or is that privileged information?

A: "I can't tell you my favorite spot, I'd have to kill you. But, Lake Bomoseen which is so close, has been one of my favorite lakes to fish, and I've caught both my biggest largemouth and smallmouth there."

Q: You have had a decorated career as a basketball player, winning Mr. Basketball, as well as many other honors throughout your college career. Which is most important to you?

A: "To date, it would be winning a state championship. It was a great team award. The personal awards, they're nice tokens to your hard work, but they don't feel as good as bringing a town and community together. I feel like a NAC championship could have that same affect, so hopefully we get to experience that."

Q: What is your favorite throwback to jam out too?

*See 'Parrish on page 8*

# Castleton claims championship in its last year in the NAC

**By Jordan Lumsden**
*Castleton Spartan*

With just one second left in the first half Castleton forward Jacob Godfrey was able to get his foot on Fidele Rutasyire's corner kick and past Colby-Sawyer goalkeeper Shane Sacks to secure the 1-0 win and claim the North Atlantic Conference Championship at Spartan Stadium on Nov. 4.

With less than 15 seconds in the first half Godfrey fired a shot that deflected wide off a Colby-Sawyer defender for corner kick. But with just 10 seconds remaining Rutasyire was able to get the ball in play. With chaos in front of the net Spartans Sean Springer controlled the ball. His shot deflected off a Chargers defender and found the foot of Godfrey who was able to squeeze the ball just inside the right post.

"We always talk about how one second can change a game and it literally did tonight," said Spartan captain Thomas Kirk. "I think for that split second we just had them. We caught them off guard, they were snoozing a little bit, Fidele busted his ass to get over there and every second counted."

With the win marks the first time since 2008 that the Spartans have captured the NAC title and also the last as Castleton will move to the Little East conference for the 2018 season.

Castleton's defense led by Goalkeeper Aaron Parker made if hard for two time NAC player of the year Denali Sexton to get anything going.

"You have Thomas Kirk who is two-time defensive player of the year and their goalie who just got MVP so he had an outstanding playoff. That just goes to show that they don't just hand out those awards, they give them to people who deserve them," Sexton said.

The high tempo and physical game was something that both teams expected.

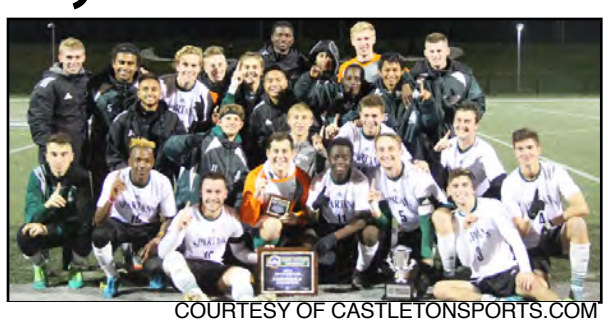
"It wasn't pretty today, but it was about grit," said Spartan head coach John O'Connor.

Kirk agreed and added that the first half was one of the quickest he has ever played. The Spartans had to settle down in the second half and get back to playing their style of soccer Kirk said.

"They do a good job of clogging that middle up and applying pressure," said Colby-Sawyer head coach Charles Metz.

With help from Kirk and friends Parker was able to make the four save he needed in order to record his sixth straight shutout. Sacks made one save for the Chargers.

"I would never want to go to war with any other group of men. They just play with so much heart and its two bad that that's the goal we had to end our year and my career," Sexton said. "It just goes to show that you have to play 45 minutes and not 44 minutes and 59 seconds."



COURTESY OF CASTLETONSPORTS.COM

**The Spartans pose with their NAC title after beating Colby-Sawyer 1-0 on Nov. 4.**

The Spartans faced Messiah in the first round of the NCAA Division III tournament but fell 1-0. The Spartans were on the defensive for most of the game but stayed in the contest thanks to Parker virtually standing on his head and making nearly every save he needed to. Parker finished the game with an impressive 13 saves.

The Spartans finish the season 12-7-2 going 8-0-1 in conference play.

SELDON HILL / CASTLETON SPARTAN

COURTESY OF CASTLETONSPORTS.COM

**Kiley Baran, left, and Aaron Parker, right, both claimed MVP honors for the North Atlantic Conference playoffs and helped their team win the title.**

# Castleton sweeps MVP honors

**By Jac Culpo**
*Castleton Spartan*

Kiley Baran stood in the team huddle before the first overtime. Her coaches were trying to figure out who was going to go in goal after both of their goalies went down with injuries. Baran decided that she would step in as the emergency sub. She proceeded to hold the game to a draw in her first time playing goal since her sophomore year of high school. Baran was named the starter for the rest of the season and after winning the NAC, was named the NAC Tournament MVP.

Aaron Parker spent the offseason between his sophomore and junior year practicing his kicking and punts on a baseball field at home. The coaches told him he needed to work on his kicking before his junior year and his response was practice, practice, practice. It worked, and in his junior season, he earned a starting spot. Now in his senior year, Parker has become a force in goal for the Spartans as they won the NAC. He was named the NAC Tournament MVP.

While their journeys to this point may seem drastically different, what has allowed them to succeed on those journeys is the same. Quality character, good coaching, and a lot of hard work, has enabled the two of them to be the MVP's that they are today.

If you talk to anyone who has ever worked with Parker, you're going to hear a lot of the same stuff.

"He's a guy that if you tell him he needs to do something he'll do it right away, you don't need to ask him twice," said Amir Pasic, the men's team's grad assistant who also played with Parker two years ago, "He's a really good person to be around in general, a real team first kind of guy, never toots his own horn, and always gives somebody else credit before himself."

As for Baran, her coaching staff has nothing but positive remarks on her character as well. "She's like a general back there, directs the game really well, she just a tremendous kid overall too. Great student. Just a great human being. You couldn't really ask for more," women's head coach Chris Chapdelaine said.

Those qualities have played a large part in helping to mold Parker and Baran into well-seasoned players, although their coaches have played a large part as well.

"She's helped a lot," said Baran about her goalie coach, Jamie Trayer "Whether it be just boosting my confidence, or just telling me you got the next save or we're not going to try and change everything about you, we're going to work with what you bring to the table and fine tune what you can do naturally."

Trayer said she had to work with Baran more on getting comfortable and learning the fundamentals than anything else. "Once she got the hang of the footwork it all started to fall in place, again, she's naturally athletic so catching a ball was never the issue, it was increasing her reaction time," Trayer said.

Similarly, Pasic, who is the current goalie coach for the men's team, has been a heavy influence with Parker.

"I credit Amir and I credit Aaron particularly. I think being able to train with Amir and all the things that Amir is really good at, Aaron has become really good at," said head coach John O'Connor.

Parker himself attributes a lot of his success this season to being able to work with Pasic on a regular basis. "It's crazy honestly to think how far we've come being players together and him now being my coach, and it's really remarkable working with him," Parker said.

He also praised his backup, freshman Alex Fernald, for pushing him every day.

Although much of the success needs to be attributed to Parker himself. "He took the time in the off season to really develop himself. When we told him his kicking had to get better, he took a bag of balls and kicked every single day," said coach O'Connor.

Baran and Parker both had very successful college careers and are elated to be able to finish off their careers here at CU with a NAC conference victory. The NAC tournament MVP was just icing on the cake. But when people remember the two of them in the future, they're going to remember a lot more than just their victories on the field.

"I've worked with a ton of goal keepers throughout my career, but I've never had a player have as much of an impact on me," Trayer said.

# Parrish gears up for 2017-18 season

*Continued from page 7*

A: "Ghetto Gospel by Tupac. My dad. He doesn't listen to rap music much, but he loves Elton John's part in that. And my siblings and I, we all love the Tupac part, so we always played that in the car."

Q: A quick google search will tell me all about Pavin the basketball player. What's something that you want people to know about yourself that won't pop up on google?

A: "I'm very well rounded, I think it's short sighting people to label them as just a basketball player. Just this. Just that. Very few people are one dimensional. I fish, I hike and I golf, so I think I'm well rounded. Whenever people first meet me they want to talk basketball, and that's boring to me, it's what I do every day."

Q: What are you planning to do after college?

A: "I'll have double concentration in Marketing and Management. Ultimately I'd like to get my MBA and work on the operations side of things."

Q: What has been the most important thing you have taken away from your time at CU?

A: The relationships with so many people, especially the professors, I was never the type to have a great relationship with my professors. But after my freshman year, I felt comfortable approaching them about anything.

# Spartan sports at a glance

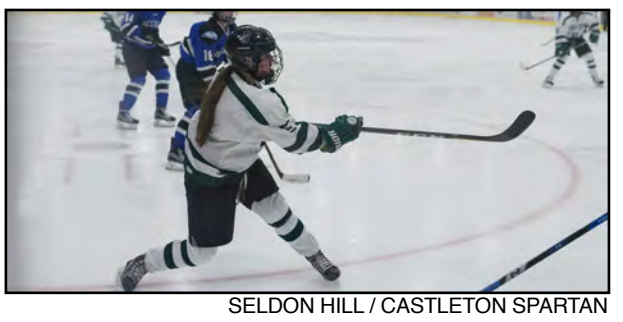
**By Jordan Lumsden**
*Castleton Spartan*

**Men's Hockey**

After starting the season with a convincing 7-2 win against Wentworth, Castleton has lost three of its last four all against conference opponents. Losing to Hobart and Babson 6-1 and UMass-Boston 5-0, Castleton was able to break the losing skid with a 4-1 win against Skidmore on Nov. 11.

Caleb Fizer leads the scoring for Castleton this season with six points on two goals and four assist in just four games played. Senior Ryan Mulder and Junior Wyatt Pickrell have split time in net. Mulder has a Save Percentage of .873 and Pickrell has a percentage of .908 while both have a 4.00 goals against average.

Castleton will face Southern Maine on Nov. 17 at 7 p.m. for Armed Forces Appreciation night at Spartan Arena.



SELDON HILL / CASTLETON SPARTAN

**Jade Remillard takes a shot in the game against Becker C earlier this season**

**Women's Hockey**

It has been a roller coast start to the season this year for the Castleton women's hockey team who hasn't been able to string together two wins in a row. Currently 3-2 the Spartans hope to gain some momentum with five home games in November, but will face arguably their toughest opponent this year in Norwich University.

Aimee Briand leads the scoring with eight points on six goals and two assists. Freshman Ali Stevens has come on strong to start the season. Her seven points with three goals and four assists have her tied for second on the team in points.

Goaltender Rylie Wills has remained solid between the pipes carrying over her consistent play from last season. She currently has a .908 save percentage while only allowing 1.64 goals per game.

The Spartans are in action next when they take on University of New England at 7 p.m. on Nov. 17 at Spartan Arena.

**Wrestling**

Castelton men's wrestling competed at the Journeymen North Eastern Duals in Shenendehowa High School East in Clifton Park, NY on Nov.11. The Spartans were able to capture one head-to-head victory beating Sacred Heart by a score of 24-19, but lost to Ithaca 31-10 and LIU Post 32-12 in the three-match day. Earlier this November the Spartans also competed in the Ithaca invitational in Providence, RI where they placed fifth with 95.5 points.

# Seniors finish Castleton career with two wins

**By Tim Brosnan**
*Castleton Spartan*

At the eight-week mark, the Spartans were sitting at .500 record of 4-4 and were faced with the possibility of a potentially mediocre season. But after an exciting 28-17 home field defeat of the Gallaudet Bisons and a 49-21 blowout of the Alfred State pioneers, the Spartans saved their season and finished third overall in the ECFC. Castleton finished with a conference record of 5-2 and an overall record of 6-4, effectively rebounding from a disappointing 4-6 2016 campaign.

"It was awesome to kind of surge at the end of the year and bounce back from last season. I think it showed how committed the entire team was to proving what we were capable of as a team," said senior safety Luke Mullin.

This marks the third time in the past four seasons the program has finished with a winning record. But this final victory by Castleton was significant for more reasons than one. For 13 seniors, this was a sweet one to call their last game as a Spartan.

Linebackers Shane Hurley, Cam McHale, Troy Dane, Jakob Trautwein, Joel Antoine, safety Luke Mullin, fullback Chris Oettinger, defensive linemen Cody 'Bubba' Collins, Justin Nolan, Matt Lawhorn, offensive lineman Eric Decker, and tight end Nick Boles are all calling it a career after this week.

"This game has done so much for me. I couldn't ask for anything more than what this program has provided me with these past four years, that is why it feels so good to secure a winning record," Hurley said. In his last two games wearing green and white, Hurley came through with 10 tackles, three tackles for a loss, a sack, and a forced fumble.

"I've been here since the very beginning of the (Tony) Volpone era and there's no other coaching staff or teammates that I'd rather play for. I love this team, and I love this game," he said.

With 13 seniors at key positions not returning for the 2018 season, it is fair to wonder what is next for this Spartans football team. Star running back Moe Harris finished the season with 1,180 rushing yards and 16 rushing touchdowns, both Castleton single season records, and he still has one year of eligibility left. Sophomore wide receiver Jermaine Coggins racked up 11 catches, 202 yards, 3 tds in the Spartans last two games. Coggins is likely to step into a leader ship role going forward as well.

"I think we set a solid foundation, " said Mullin, "I feel confident leaving the team in the younger guys hands. I'm excited to see some of them take over as leaders and hopefully guide the program to a conference title in the future."

Senior linebacker Jakob Trautwein agreed with his teammate.

"They are a good group of guys," Trautwein said, "They're in good hands with our coaching staff. I'm really excited for the future of the program."

This past Saturday marked the second year in row that Trautwein, or as many call him, "Traut" led the team in tackles and logged over one hundred tackles in a season for Castleton. He finished the season with 113 tackles after setting a school record with 142 total tackles the previous season.

Clearly these seniors are convinced the team is headed in the right direction. But now that football is over, what is next for them?

"Now that the season is over, I'll have more time to focus on my grades," said Trautwein.

"I hope to find the time in the future to come back for a few practices to see how all my current teammates carry on the traditions of seniors past," added Mullin, "I'm graduating with a degree in business but I hope to stay in the realm of sports... Hopefully some day I'll even be able to open up my own facility"

As the seniors shift their focus, Volpone and the team look to build on this year and put together an even stronger 2018 campaign.

Castleton Spartan
CASTLETON UNIVERSITY'S STUDENT NEWSPAPER
Wednesday Dec. 13, 2017 CastletonSpartan.com Castleton, Vermont

# Scolforo: I love it here, it feels like home

**By Briana Bocelli**
*Castleton Spartan*

Karen Scolforo is officially the new president of Castleton University, having taken over Dave Wolk's position on Dec. 4. She is the fourth woman to lead the university, is a New England girl and loves Vermont, the outdoors and education.

Q. What was your first impression of Castleton University?

A. My first impression really was my expectation, but I was blown away. The people throughout the campus - I feel like they walk around with moonbeams coming off of them. Everybody is so friendly and happy and smiling and passionate, and the faculty and staff are incredibly committed to the institution, to the students and I just love it. I love it here, it feels like home.

Q. So you would say it did meet your expectations then?

A. Well, it exceeded my expectations. The campus is absolutely beautiful. I have enjoyed all of the meetings that I have been able to hold and I have had an opportunity to get to know a lot of students a little bit, starting to get to know them. I've asked folks to tell me their first name when I see them, even if it takes a couple of times. I really want to get to know the students.

Q. Tell me a little bit about your first week on campus, how did it go?

A. It went great. I think my main goal was to walk around and get to know people, sort of get a sense of the culture here. You can feel when people are just happy; happy to be here, kind, joyful. So that has been wonderful. But I've also had an opportunity to kind of get my arms around our program of study, our goals for the institution, the direction we want to head in, ways that we can continually strengthen our academic programs and the experiences that students have here.

Q. You already seem to be a big hit with the students just in the first week. What does that mean to you?

A. Well I've already told a lot of students that I plan on spending time in the dining hall and going to events. I went to my first wrestling match this week, which I loved, our (wrestlers) players are amazing. They did an amazing job, they are fantastic athletes.

*See 'Looking' on page 6*

MEREDITH FLETCHER / SPARTAN CONTRIBUTOR

**Spartan reporter Briana Bocelli sat down with President Karen Scolforo for a Q&A recently.**

# Adams Hall on high alert

**By Bailey Cummings**
*Castleton Spartan*

Twice in recent days, female students have awoken to find an intruder in their Adams Hall dorm rooms.

The incidents shocked campus when announced on Nov. 28 by Public Safety. A community notice was sent in a campuswide email and flyers were hung up in buildings across campus.

According to reports, the intruder entered the rooms at around the same time during the night and rifled through drawers and hampers. In both cases, the two students whose rooms were entered awoke to see a male in black sweatpants and a hoodie. His face was covered.

Director of Public Safety Keith Molinari believes both incidents were perpetrated by the same person.

The intrusions, Molinari said, have shed light on a problem at Castleton: the use of key cards – or lack thereof.

"A big reason students don't lock their doors is because they don't want to have to carry keys," he said.

Molinari's best advice to avoid such incidents?

"Lock your doors. If you're not going to lock your suite door, (at least) lock your room door," he said.

In addition, Molinari cited common sense as a potential problem.

"On campus we really work hard at being hospitable, being socially conscious, and being a community, and a lot of times that includes holding the door open for people. But, we also need to use common sense at four in the morning when you're entering into your residence hall. If you do not recognize the person behind you, let them use their own key card," he said.

But on the nights in question, a substantial amount of time went by between the time a resident keyed in and the time that the intruder entered the suites in Adams Hall, leading Molinari to believe the offender is an Adams resident.

Two residents of Adams Hall said they were "freaked out" by the incidents and were scared to go into their common areas, worried they might see the intruder. One resident said, "I don't feel safe when the doors aren't locked."

The investigation, being led by police, is ongoing. When asked about the possible consequences that would ensue, Molinari responded firmly, "I don't get to do judicial. But, let's say we caught that person. That person would go to a dean's hearing. This is as serious of an offense as it gets policy-wise, but not criminally."

MARTIN VANBUREN III / CASTLETON SPARTAN

**After 16 years of serving Castleton University, students, faculty and staff said goodbye to Dave Wolk during a two-hour "Keep Smiling" event at Casella Theater on Dec. 2. Wolk hugs event emcee Harry McEnerny, above left, and kisses his granddaughter, above right.**

# Farewell, Dave

MARTIN VANBUREN III / CASTLETON SPARTAN

**Dave Wolk held the door open for his guests as he said his goodbyes and gave hugs before the ceremony.**

**By Adam Cook**
*Castleton Spartan*

For 16 years, Dave Wolk has been the face of Castleton University. In that time, according to Wolk, $80 million was invested into the campus – and he stressed students were involved every step of the way.

"Everything that I've done here has been with this lens: would I want this for my own kids?" Wolk said in a reflective interview days before his Dec. 2 retirement.

In that time, Wolk's personal life changed, too.

His wife, Diane, passed away in 2015 from Alzheimer's.

Last year, his father passed away.

And as you read this, Wolk and his wife, Lyn, will be moving to Florida to help take care of his mother – who, at 91, is battling the same disease that claimed Diane.

**A sign from dad**

If you ask Wolk, his father bled 343 green – the official color of Castleton University.

"He was a huge Spartan fan," he said. "He wore 343 green proudly. He had stickers, he had buttons. He would go to games, he would come to Harry's theatrical productions. He loved it here, and I loved having him here."

Wolk's father passed away on Nov. 17, 2016, at the age of 97. It was a turning point in his life. His father was his best friend. They were joined at the hip, he said, and his father is now right on his shoulder.

"My dad and I had talked in the nursing home," Wolk said. "I had spent all night with him, you know, and we talked about what's next, and it was pretty much during that time I had decided that 16 years was enough, here."

He said he had pretty much made up his mind before his father's passing that he was going to retire – but it solidified the decision for him.

"I don't want to be the guy who stayed too long," Wolk said. "I'm kind of a dinosaur when it comes to a lot of things. I just didn't want to be the guy who people say 'Oh my god, is he still there?'"

**Diane**

A prominent plaque on the wall in Wolk's office is a gift from the Student Government Association and senior class from 2011. It says "10 Years in 2011. A Decade of Success at Castleton State College."

Included on it are various photographs – and some of his wife, Diane.

She was a teacher, school principal, chair of the State Board of Education, and even a director of student teaching at Castleton. She was diagnosed with Alzheimer's disease in 2007 –

and it would claim her life eight years later.

"She was a sweetheart," he said. "Very courageous."

In 2008, Wolk and his wife joined 400 family member and friends at the 2008 Alzheimer's Association Memory Walk in Rutland, according to a 2015 article from VT Digger.

*See 'Passing' on page 6*

# Protesters meet with VSC board

JADIE DOW / SPARTAN CONTRIBUTOR

**Castleton professors Brendan Lalor and Louis Palmer protest in front of the Rutland TD Bank.**

**By Adam Cook**
*Castleton Spartan*

Seven members of the 'Fossil Free VSC' group gathered outside Castleton University's 1787 Room on Dec. 1 shortly before entering the Vermont State Colleges Finance and Facilities Committee meeting. The tight-knit group shared hugs and friendly discussion with one another before entering the meeting.

"This is important to this committee," J. Churchill Hindes, chairman of VSC's finance and facilities, said during the meeting, of the group's efforts. "It's a rare opportunity for the committee, or the board, to truly engage in constructive dialogue with its' constituents."

Fossil Free VSC has been protesting TD Bank, and its investments in the Dakota Access Pipeline, since January of this year. It's all a part of a two-pronged plan - their protests in front of the Rutland branch being the first, and getting the state college system to divest their funds from the bank as the second.

That was why they were at that meeting that day.

"Since our last meeting, there has been a number of noteworthy events," Castleton professor Brendan Lalor said at the meeting, "including an additional leak to the Keystone Pipeline. It wasn't the first, it was the third in a series of leaks."

Both students and faculty joined Lalor at the meeting to make a passionate plea to the board for their cause.

Adjunct professor Beth Thompson was among them.

"It's about the survival of the species. That's not alarmist," she said. "I'm just a singing teacher, but when I started doing climate activism six years ago, I read. I'm still reading. It's pretty depressing. We need to address this."

Thompson has been teaching for 26 years at the university level. She's now 65.

*See 'Making' on page 6*

# 'YouTube algorithm' suppresses creators

YouTube is currently facing its biggest challenge yet – figuring out how to make advertisers happy.

Following a cascade of leading articles from the Wall Street Journal, advertisers withdrew hundreds of millions of dollars in ads from the platform.

YouTube had no choice but to crack down, but they did so in the sloppiest way imaginable, leaving their independent content creators to pay the price.

In reality, managing the service can't be easy. YouTube's analytics suggest that there's at least one hour of videos published every second. With that volume of data, it's impossible for YouTube to staff enough people to sort through all of it.

They recently announced they would be bolstering their YouTube review staff to over 10,000, but it's still going to be too small.

The problem is what's referred to as the 'YouTube Algorithm.' To combat the mass exodus of advertising money, they created an algorithm that looks for certain sensitive content. This algorithm scans for everything from offensive language to hate speech, casting a wide net that targets everyone from small channels to larger channels with millions of subscribers.

Why on earth would you cast such a large net?

Channels are now afraid to upload for fears of having their videos 'demonetised,' meaning that they earn no revenue from ads. YouTube forces creators to upload their videos, get demonetised and then go through the appeal system.

A lot of niche creators get 20 to 30 percent of their views per video in the first few hours of uploading and while they're going through this process, they earn NONE of the money the ads on their videos make. Everyone is left wondering, "How long is it going to take for the algorithm to learn like promised?"

We're now seeing creators like H3H3 Productions, Idubbbz TV and Internet Comment Ettiquette changing their content. Now that they have to be family friendly, they seem to have to walk on eggshells. They scale their content and personalities back out of fear of not being able to create for a living anymore.

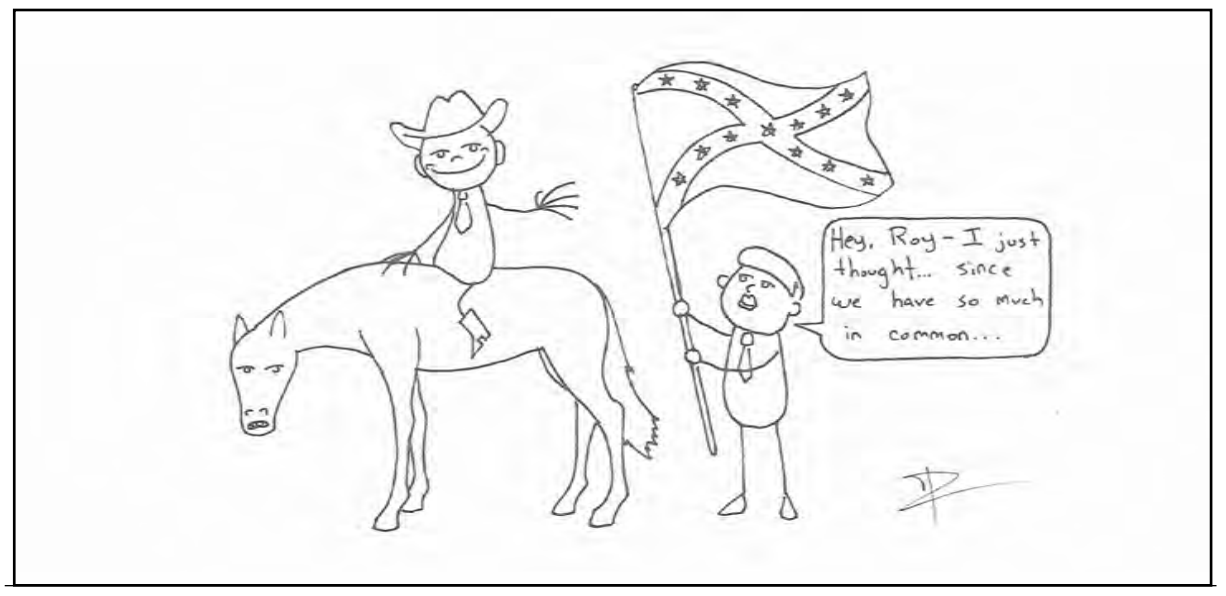
All three of these channels have slowed to a crawl with uploading new videos, sometimes waiting months before daring to upload again.

Even channels that report the news have been affected. Independent channels like Philip DeFranco get demonetised if they cover any stories that talk about war or "controversial material."

Defranco has been forced into selling merchandise to keep from going under.

YouTube has always pitched itself as the people's video service. If that's true, then how long is it going to be before they back the people that make their platform great?

-Zach Dow




# An editor's good-bye

I never thought I would be this sad about graduating. I never thought that I would be sad about leaving college because I know my experience wasn't like most, being a commuter and all. I guess it's not so much school I'll miss. I do feel ready for the real world. But it's the paper. It's the people on this amazing team who I will miss the most.

I feel like I am just getting started, and in one week I can't ever be in a Spartan meeting at 1 p.m. on a Wednesday ever again. I can never again come in on a Sunday morning and listen to classic rock with my friends as we eat donuts Dave or Adam brought, and design the paper. I can never complain to Bri about how stressed I am about editing, or how stories aren't in on time again. I can never again sass Jordan about showing up late. Or whether a story would fit best in the news or sports section. Never again will I be able to cry in Dave's office about how hard my life is and how completely stressed out I am, while he gives me advice and tells me how awesome I am over and over again even though he knows I don't always believe it.

> "The paper is what made Castleton feel like home to me."

My proudest moments in college were with this paper. I started timid and shy, always letting my writing speak for me. No one even knew who I was until my junior year when I became editor next to the incredible Jadie Dow. I was never able to make it to the meetings. People only knew my name because of my bylines. I can't imagine how some of the students of the paper felt when I was introduced. They were probably like, "who is this girl? She's our new leader? I've never even seen her before." Naturally, it took me awhile to get comfortable in a leadership position. Until this semester when Bri and I ran the show. I finally felt comfortable being in charge. And words can hardly express how freaking proud I am of every single reporter and photographer who worked for us this semester. We killed it. This is definitely not your ordinary club. That's for sure.

Most importantly, I think, and what's making me weep over my keyboard right now is the fact that the paper is what made Castleton feel like home to me. I didn't live on campus. I didn't party on the weekends or really have any friends here. A social life is hard to come by when you have 18 credits every semester and work two jobs.

This semester The Spartan became my family. I am proud to be myself in front of these people. I feel so grateful for every single one of them. Especially Dave. He's always believed in me, even when I didn't believe in myself. He let me write an article as a senior in high school. He helped me become editor when I'd never made it to a meeting. And even now when I tell him how terrified I am that I won't find a job after graduating, he tells me how there's no way I won't, because I'm a star.

The Spartan has been the most accepting, non-judgmental, dedicated, mature group of people I've ever been a part of. And while I'm ready to walk out the doors of Leavenworth and leave CU behind, I don't think I'll ever be ready to say goodbye to The Spartan. It breaks my heart that I have to, even though I know I am leaving it in the hands of two extremely capable, strong female leaders who will continue to put out one of the best college newspapers in New England. Don't forget me y'all. I'll see you in NYC.

-Carly Trombley

# Too young for suicide

Gabriel Taye, an 8-year-old from Cincinnati, committed suicide after being attacked by boys in school. No one from the school informed the family he was being bullied or that he had been attacked. He hanged himself two days later.

Ten-year-old Ashawnty Davis lived a happy life in Colorado until the bullying became too much for her to bear.

She had begun to stand up for herself with the bully and one day one of their exchanges became physical. Another student posted a video of the fight online and two weeks later, Ashawnty hanged herself in a closet when she got home from school.

Ashawnty's school released a statement about how much of a loss it was when she was removed from life support two weeks later, but also stressed that the video had not taken during school hours.

Gabriel's school denied knowing he was being bullied, even after he was found unconscious by three teachers in the bathroom after the altercation.

These suicides never should have happened.

Schools may not be responsible for everything students do, but school leaders must notice when students are bullied and see when it starts to affect their students.

School teachers are in charge of students when they are in school. They are meant to teach them and watch over them. Once students are released for the day, the responsibility changes to parents. Teachers cannot control what students post online and they cannot control what students do outside of school, but hat doesn't mean they can't pay attention to these things.

When students are having issues with each other, in or out of school, it should be addressed in some way if it was brought to the attention of school officials.

It is harder to avoid bullies in this day and age. According to the Cyberbully Hotline, 7.5 million Facebook users are under the age of 13. Social media follows users everywhere; it is practically unavoidable. There is no way for school leaders to control students' social media pages, but if a student isn't acting like they normally act or the school finds out about something posted by students online that is malicious, it needs to be addressed.

So although Gabriel wasn't a victim of cyber bullying, he still was a victim of bullying and should not have died as young as he did. Suicide rates among 5-12 year olds average one every five days, according to the national Centers for Disease Control.

Both schools denied accountability, but both were aware of the incidents that led to these children's suicides. Schools need to prevent bullying better because 8 and 10-year-old shouldn't be committing suicide.

-Brigitta Gough

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## Corrections

A story in the previous issue of *The Spartan* about Lisa Donohue included the following mistakes: She offers acupuncture services but is not a certified acupunturist. She and her husband were married three to four years after their first meeting, not seven. And her back issues were inflicted when she fell preparing for a health fair.

Castleton Spartan

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# Seniors share their plans after graduation

**By Mike Buonocore**
*Castleton Spartan*

Students from many majors worry about what they'll do after college, so if you're worried about it, you aren't alone.

While rounding the corner to the finish line of senior year, this fear will most likely be even more apparent, which is why Castleton University hosts the annual Senior Social, where students of the senior class have the opportunity to sit down with Castleton alumni to discuss what happens after college.

"It was definitely reassuring to see all of the alumni saying that they were able to get jobs and that they're doing well now," said senior graphic design major Lindsey Reno.

Reno is not alone in needing reassurance having to do with what happens after graduation.

"Seeing people there with my specific major and concentration having jobs made me feel a lot more confident about leaving here and being able to find a job, especially locally, because all of them are working around here," said Kit Hudson.

Some students, like Tone´ Sawyer, are comfortable with the idea that they don't know what they're doing after college.

"I'm not confident at all. I have no idea what I'm going to be doing with my life as soon as May 13 hits," said Sawyer. "I may know that I might not be working in my field now, but I still have no idea what I'll be doing."

OLIVIA MAHER / CASTLETON SPARTAN

**Seniors meet and share their fears of what the future may hold for them, discussing different plans after they graduate.**

What many students eventually find out is that the classes they were taking and the major they graduate with doesn't always define what they do after college.

"When I was a student, I wanted to do journalism. I interned at a lot of local papers, I worked for the Rutland Herald for three years. I had a lot of great opportunities, and then I met Jeff Weld, who is currently the dean of advancement. I interned with him my senior year in the Castleton marketing and communications department and really fell in love with public relations, and the day I graduated was the day he called me and asked me if I wanted a full-time job," said Castleton alumna and Assistant Director of University Relations, Courtney Widli.

Molly DeMellier also graduated from Castleton with a journalism concentration, but now also works for the college.

"I'm the assistant director of the Castleton Fund and donor relations. I oversee the Spartan Shield Society, so I mostly focus on fund-raising for all of our athletic teams," DeMellier said.

But DeMellier didn't stop going to school right after college, she went on to get her masters in public relations and corporate communications in Manhattan at New York University.

While there are a few majors at Castleton where students know exactly what they're going to be doing when they graduate, what seems to matter more is the people they've networked with during their years in college.

"It's amazing how many internships, being local and having Castleton connections turn into job possibilities," Widli said.

# The wonder of Weinberg

**By Dominque Ghatto**
*Spartan Contributor*

Andy Weinberg started his trek to Vermont from Illinois by pedaling on two wheels.

That's right, the Castleton University professor rode his bike from his home in Illinois through five state borders to Middlebury College, with 10 days to make it for to his job interview.

Vermont peaked Weinberg's interest when he went to visit his friend Mike, whom he had met at a triathlon in Virginia. When he went back to Illinois after his first visit, he asked his wife a complex, yet simple question.

"Why are we living in Illinois?" he asked.

He had a former friend who lived just north of Killington he had met a couple of times through endurance events, and an idea had sparked. If Weinberg moved to Vermont, they could start their own racing company together. Weinberg set out to find a teaching position in the Green Mountain State and landed an interview coaching at Middlebury College.

Once the interview was was set in stone, the seed had been planted. He started his journey to Vermont with just two wheels, and a heart that pumped of thrill.

When he brought the idea up to friends while he was hosting a barbeque, he got responses like "Are you stupid? You can not ride your bike to Vermont."

But that didn't stop him.

"The interview is in 10 days," he exclaimed. "I have to make it, right? If I really want this job, I can't be late, so I got on my bike the next morning."

Weinberg's wife and college sweetheart of 22 years, Sloan, didn't flinch at his idea.

"I believe that I wasn't surprised," she said. "The surprise would come when I tried to explain to other people what he was doing."

The road from Illinois to Vermont was a risky path, and even almost ended up with Weinberg getting arrested for sleeping on the side of the road. Pedaling nearly 200 miles a day left him feeling depleted. Luckily, he was able to use what energy he had left to talk his way out of it, and he kept going.

"And that's how we moved here, just out of nowhere," he said.

By stepping out of his comfort zone, Weinberg ended up in the quaint, little state of Vermont. And if you ask him, he is all about stretching life's limits.

"One thing I've always been into, that's really important to me, is helping young people grow and become successful in whatever they do," he said with passion in his voice.

Weinberg cares about his students. He jokes around with them, walks up and down aisles of the classroom and encourages students to speak out during his classes. You won't find him just standing at the front of the classroom giving a lecture that puts you to sleep. Instead, he immerses himself in the activity and teaches from the heart.

"When you think of a college professor, you don't think of someone who's gonna run around ... All my other professors, they lecture us. He's doing the lecture while he's doing like an agility workout in the classroom," said Eric Decker, who has had and known Weinberg as a professor for three-and-a-half years and is now his teaching assistant.

On Monday nights, he teaches a class for adults with intellectual learning disabilities. The class is a mix of students with disabilities ranging from cerebral palsy to down syndrome, and if it weren't for this class, a handful of the students would not be able to have any sort of college experience.

"Professor Andy is the greatest professor you could ever ask for to be involved with this class. He really has the love for these kids and these people. You can tell he enjoys what he's doing. He's very lovable, kind of like Elmo on Sesame Street," said Chrissy Bales, a 42-year-old student who sits low in a wheelchair and suffers from cerebral palsy. This is her third year taking

Weinberg's class. She enjoys the energetic vibe and the opportunity to get out of her house and into a classroom setting.

When Weinberg walks into the Glenbrook Gym, he jokes with one of the students about his choice to wear Boston Celtics pajama pants to a class where students are bowling, dribbling basketballs and tossing around footballs.

"I told him to wear his sport pants to class instead of jeans, these are his sport pants," Weinberg chuckled as he told the story.

The physical education professor has a big heart when it comes to helping people of all abilities. Not only is he involved with helping students at Castleton, but he is also heavily involved as a board member of Special Olympics Vermont and a volunteer for Vermont Adaptive's Core Connections programs.

He has Special Olympics posters hung in a neat manner all around his office, along with some other endurance racing posters.

"He's a great teacher to promote all different types of sports to the student body and public in general," said Tom Alcorn, Vermont Adaptive's senior program coordinator who has known him for seven years. "A couple of years ago I asked him to join us for the CORE connections program held in the summer. Since then has been a great help when he is able to teach and assist our participants."

Ask his students, colleagues or family members and they will tell you that Weinberg is a ball of energy. He starts his day at 4 a.m. and is always up and active.

"He is up by 4 a.m. and wants to have a full conversation and doesn't understand why we won't answer him or why we're grumpy," said Sloan jokingly.

His daughter Grace agrees. She said he just never stops going.

"Just when you think this guy is throwing in the towel, he'll go another 50 miles, literally and figuratively," she said. "Aside from being a professor at Castleton, on the board of Special Olympics, and being the race director of an endurance company he founded, he'll always find time to squeeze in a workout. It could be lunges waiting in line at the grocery store, grading papers while on the spin bike, or mowing the lawn with a backpack full of stones. He takes every monotonous daily task, and turns it into an opportunity to stay active."

Weinberg doesn't walk, he runs. His desk is put up at standing height because the guy doesn't really sit.

*See 'He's Generous' on page 6*

COURTESY ANDY WEINBERG

**Castleton University professor Andy Weinberg has many different sides to him. He's an avid athlete, family man and Special Olympics volunteer.**

# Leavenworth bulletin board stirs controversy

**By Nicole Webster**
*Castleton Spartan*

"Treason" written in ballpoint pen over "Impeach Trump" in bold and all caps typed on plain white paper could be found on the bulletin board in the stairwell to the lowest level of Leavenworth on Friday, Dec. 1.

The Student Chapter of Planned Parenthood Generation Action at Castleton University uses that bulletin board as a forum for conversation "especially for current events that we think are important to talk about," president of the club Sarah Liell explained.

They decided to focus on that specific current event due to all of the sexual assault allegations in the media and the "Me Too" campaign, as well as President Trump's quotes from Access Hollywood.

Both Liell and the secretary of the club, Joshua Lake, said they wanted to start a conversation about how our leaders and elected officials talk about women.

"We made the decision to take it down to come up with a good response that was constructive and adds to the conversation and is meaningful. We put it back up, the sign that said "Impeach Trump" with "Treason" written over it," Liell said.

It was removed within the span of an hour while Liell was in class.

They don't know who removed or who vandalized their signs, but that's not their concern at this point.

"It doesn't matter who took them down. Our work needs to be even stronger in the future. We are going to broadcast that we have the first amendment right to do that. There is nothing in student codes or handbooks that says we aren't allowed to criticize," Lake said.

Castleton does have a posting policy in their student handbook that states "the name of the sponsoring organization/department/vendor must be included on all materials."

The only words on the "Impeach Trump" posters were "Impeach Trump," so no one knew for sure who put those signs up.

"No club owns a bulletin board on campus. With something like 68 clubs on campus, everyone has to share. They also have to say who put it there," dean of students Jonathan Spiro said.

He also made sure to say that Castleton values freedom of speech and that people can say pretty much whatever they want as long as it's not demeaning, sexual or discriminatory toward a person or group.

Rich Clark, Castleton's Political Science program coordinator, wondered who put the signs up and couldn't tell if the person who wrote "impeach" was siding with the club by saying that Trump should be impeached for treason, or if they wrote "treason" as a response to people wanting to impeach Trump.

Most people believe the latter in this situation, but Clark wants to believe that students wouldn't think that saying someone should be impeached is treason.

"The scary idea is calling it treason. The ability to criticize our elected officials is protected speech because of our first amendment rights," Clark said.

Both Liell and Lake know that they aren't going to get Trump impeached with a sign and they also know that they aren't committing treason, because treason is collaboration with a foreign entity or domestic and foreign enemies.

"We want to highlight that it's a board for conversation, political engagement and things that are important," Liell said.

Rather than putting up the Trump signs again, they've opted to put a new interactive board for people to share their "Me Too" stories. Their goal is to make some positive social change on campus through these boards.

OLIVIA MAHER / CASTLETON SPARTAN

**"Impeach Trump" signs were vandalized on a Leavenworth Hall bulletin board posted by Planned Parenthood Generation Action.**

Spiro would like those putting messages on Castleton's bulletin boards to remember to think about what potential students and parents of those students might think when they are touring.

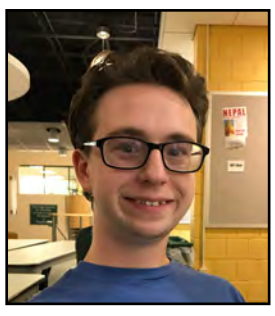
"As Jonathan, not as academic dean, I would ask people to be nice and treat each other nicely. People can and should express political views, but it doesn't necessarily have to be toxic," Spiro said.

# Word on the Street

By Bailey Cummings

**Question:**

**Which sexual assault allegation surprised you the most and why?**



James Wolfe

"John Lasseter was the most surprising person to me because he is one of the heads of Disney. His work is made for children and when you work to make things for kids, it's an odd thing to talk about sexual harassment. It was just really surprising."

Ashley Gavin

"None of them. Anytime I hear anything like that, I'm like, yeah. It's so rampant and you hear about it all the time."

Olivia Thayer

"Matt Lauer surprised me because from what I saw on television, he seemed so nice and fun-loving. It was definitely weird to hear about allegations against him."

Matthew Patry

"I would have to say it was Al Franken. He's been so supportive and a real activist for women's issues and women's rights. It was very surprising that his behavior in the past, before he was an elected official, has caused him now to have to step down."

Viviane D'Amico

"Melanie Martinez. I'm not super into her music but, she just hadn't seemed like the kind of person really. And, the two people who had come out were apparently very close friends of hers."

# STEPS student starts bowling club

**By Brigitta Gough**
*Castleton Spartan*

In the fall of 2016, Castleton STEPS student Brandon Farrell started the Bowling Club. He has been bowling since he was four years old and it shows. On Nov. 16 at one of the club's practices, he got five strikes in a row in one game with a final score of 180 points.

That isn't his highest score ever, though.

"I always like to challenge myself to see if I can get a higher score than I used to, like my high score now is a 276," Farrell said.

He started competing at the age of six or seven years old and once his attempt to make a bowling club in high school did not succeed, he made it his mission to start one in college.

Patricia Moore, coordinator of the STEPS program that provides colege experience for those with developmental disabilities, asked Farrell what he liked to do in his free time and what clubs he wanted to join at Castleton when he came to the school in the fall of 2016. His immediate reply was he wanted to have a bowling club.

STEPS mentors, who also worked in Residence Life, suggested they contact Director of Residence Life, Michael Robilotto to start the club because he was interested in bowling as well.

"My initial response was 'yes let's do it, why not try something new because we had interest from students last year so we went ahead and did it," Robilotto said.

He said the challenge was finding people to do it.

In their first meeting they had fewer than 10 students, but now the club as expanded to over ten. Last year when the club began they just bowled for fun. Now they are competing in tournaments in the USBC Collegiate League.

This year alone they have already competed in two tournaments and plan to compete in at least one more before the end of the semester.

The members of the club are supportive of each other. They high five each other after each person goes and they cheer each other on. For Farrell, this has helped him.

"From my perspective, this has been a truly amazing experience. I've seen so much growth in Farrell; in his self-esteem, being able to independently communicate with people about rides, getting together and stuff," Moore said.

The captain of the bowling club Anissa Martin was thrilled to help start the club with Farrell. Bowling is a sport she loves and has been playing since she was two. Bowling runs in both Farrell and Martin's families for generations.

Martin worked closely with Farrell to start the club and still relies on his input for its future.

"We're still very close. I go to him for advice on what he wants to see come out of the club because he did found it and I feel like his decisions and his opinions are very important to my decisions," Martin said.

Martin says that their goal is to have fun and support each other.

"I consider this a family," Martin said.

Farrell is happy he started the club. It allows him to keep improving along with the three other leagues he competes in.

"He's very dedicated to bowling, it's very important to him," Robilotto said.

BRIGITTA GOUGH / CASTLETON SPARTAN

**Brandon Farrell seeks a strike at Castleton Bowling Club practice on Nov. 16.**

One of the greatest parts of the club for Farrell is that it has allowed him to get out of his comfort zone and make friends.

"That's where I met all my new friends I made this year, most of them, the majority of the friends I've made this year are through bowling club," Farrell said.

Moore agrees that this has been one of the greatest parts of the club, she said that he wouldn't have been able to communicate the way he does now a year ago.

"Bowling club has given him that confidence to reach out," Moore said.

CARLY TROMBLEY / CASTLETON SPARTAN

**International students, community members and faculty dance the night away at the first-ever International Festival Dec. 7, left. Aarif Badarny and Elnura Alinova share a dance together while enjoying the festivities, right.**

# Int. students get festive

**By Carly Trombley**
*Castleton Spartan*

The energy was electric in Castleton University's 1787 Room last Thursday and the music was booming throughout the Campus Center.

That's because the international students were getting their festival on!

A group of international students and Coordinator of Pathway Program for English Language Learners, Adrienne Matunas, organized an event to showcase the cultures of Castleton's international students through food, dance, music and communication.

"It's a really great experience because I get to let everyone know a little bit about my culture and try my food and whenever they say it's good or it's great, it makes me happy," said Gabriela Guerrero, a student from the Dominican Republic.

According to Matunas, this event was an opportunity to not only share about students' cultures, but also improve their language skills.

"Their projects were to send out emails, correspond with faculty and staff about getting microphones, setting up. And that was a big challenge for them using their English skills," said head of the International Committee for SGA, Bethany Alvarez. "And even in our fund-raiser, they were counting English money. It was all a part of the learning experience."

This event was also intended to integrate the Castleton community with the international community and encourage sharing and camaraderie.

"So, I don't think it's great. I think that there is a bit of a separation in terms of how international student are a little more limited to people they know or people who approach them first," Alvarez said. "I think a lot of students don't do that. They are either timid or don't know what to say. I think events like this are great ways to connect students and I think we should have them more often."

For one international student, however, he feels a big change from the beginning of the semester to now as far as merging communities and cultures.

"It's definitely better. I was trying really hard and it didn't work out. But right now, after taking it easy and not worrying too much, I've met more and more people and I like showing my culture to people," said Aarif Badarny, from Israel. "We did this at a workshop in Washington and it was like 120 students from 60 countries and they all joined in, they were all dancing. It was incredible."

Dancing was one of the major highlights of the International Student Festival. Badarny led a circle of close to 20 students all jumping around and having fun together.

"Even if they don't know how to dance, just feel the music and jump and have fun. I was happy that students from here joined," he said. "I've taught some people some things and that is something I'll cherish and appreciate."

Elnura Alinova, from Kyrgyzstan, said she had such a fun time organizing the event and gained a lot of leadership skills in the process.

"In my country, we have diversity week and we have a Facebook group where people say "I'm going to represent China" or "I'm going to represent Russia, who wants to join?"' Alinova said. "We prepare for one month and then for seven days we will do one day of food and one day of performances and then on the final days, everyone is dancing all together."

Alinova, along with the others who helped organize and participated, said they hope events like this continue to be had at Castleton for the semesters to come.

# CU athletic trainers host symposium

**By Mike Buonocore**
*Castleton Spartan*

On Dec. 3, athletic training students from Castleton, the University of Vermont, and Norwich gathered for the second annual Vermont Student Athletic Training Symposium.

Last year, this same event was hosted by UVM and members of their student athletic training program organized it. This year, the event came south to Castleton, and our athletic training students took the lead.

Activities throughout the day included a hands-on lab, interactive interviewing tips, and even a modified version of Family Feud.

"Last year it was hosted at UVM, so we kind of based it off of that," said senior athletic training student Kate Steller. "We emailed a bunch of speakers that we thought would be interesting for our symposium, so we had Kelly Cray and Matt Cutts from Middlebury at our event, and they came to talk about their taping techniques. We also had Tim Weston who is the NATA (National Athletic Trainers Association) District 1 director."

This was an intricate event to host, and the students had worked hard to orchestrate it for months.

"The student planning committee had their first brainstorming session before school started in August. We have been meeting weekly since then. They have done an awesome job," said Athletic Training Coordinator of Clinical Education, Rebekah Peterson. "Planning and hosting a professional event gives the students a valuable opportunity to see what goes in to such an event."

The Castleton students took some time thinking about how to get the students from the other two schools to chat with each other in a creative way.

"To mix it up, the students were given name tags with different colors on them and that color determined which table they sat at," Steller said.

Both Peterson and Steller are ecstatic with how the event panned out, adding that this is the first time Castleton has hosted it.

"I am impressed at the commitment the students made from day one through the day of the event and at how well the students communicated with all parties involved. From the beginning the students wanted a program that allowed for interaction," Peterson said. "The students should be proud of what they accomplished."

Steller said she is proud – and relieved – that the students were able to put on such a smooth flowing event not only for themselves but also the students of UVM and Norwich.

"We had a set schedule and everything went the right amount of time, so we didn't go over or run late or anything," said Steller. "It couldn't have gone more perfect."

Other Castleton Athletic training members helping with the event include Athletic Training Program Director, Reese Boucher, and students Kelley Meyer, Brittany Verg, Andy Meister, Bethany Fitzgerald, Christian McMillan and Christine McSweeny.

MIKE BUONOCORE / CASTLETON SPARTAN

**Castleton athletic training students show off their taping skills to Norwich athletic training students at the second annual Vermont Student Athletic Training Symposium.**

# Students create sculptures out of found objects

OLIVIA MAHER / CASTLETON SPARTAN

**Castleton University honors students saw boards to create a structure that must be entered and exited.**

**By Brendan Crowley**
*Castleton Spartan*

First-year students in the Castleton Honors program had quite the hands-on adventure a few weeks ago in the 1787 Room. With only "found objects" being used as materials, their minds and hands were put to the test.

There were six groups. The objects were five pieces of 5/8 inch x 8 foot wooden strappings, a 16 foot x 16 foot clear plastic tarp, a large roll of butcher block paper, duct tape, lighting gels, zip ties, rope, a handsaw and a construction lamp.

Alex Jensen said he was kind of confused when he got there and saw the various materials scattered around.

"I was really confused, and then when I saw the lack of directions with all the materials, I was still pretty confused. I was not necessarily mentally prepared for whatever idea they were going to throw at us," Jensen said.

The challenge? Build a freestanding sculptural installation that must be able to be entered and exited.

There were a couple tricks involved as well. No structure could be the same and each of the six groups structures must be connected in the end.

Students walked into the room, saw the materials, sat down at a table for a very brief introduction and were ready to take on the challenge.

What came next was the ultimate collaboration between "brilliant minds", communication between six groups, a few battles for a teepee design (remember, no two groups structures could be the same) and one giant, crazy-looking fort.

Oliver Rodgers, another student in the Honors program talked about his thoughts on the project as a whole. "I actually did have a good time once we got into it, it was a lot of fun," Rodgers said. "It was fun. We really worked well together," Jensen agreed.

Professor Oliver Schemm lead the workshop. His goals were to produce a real-life learning experience for the students participating, something that they could use again in their life beyond college.

"What I really wanted to do is simulate an everyday life experience which is where you find yourself with a problem, there are parameters, you only have so many tools to fix that problem and you use what you have. You think on your feet," Schemm said.

He connected his workshop to the experience of entering a new work environment.

"You have all these different personalities. You also have a learning curve, everything is thrown at you at once," Schemm said. "You may have some previous experience but in a very short period of time you have to not only understand who it is you're working with, what your boss is like, what is expected of you within the job, as well as the different kinds of tools and platforms that you're going to be working with."

Rodgers said Schemm did a great job of providing a real-life scenario through an art workshop.

"I definitely got some teamwork skills, there was a lot of teamwork. Not just within your own group, but with all the other groups as well," Rodgers said. "Also just being able to solve problems on the fly, and you know that's some of the things that you might just walk into your job one day and they'll be like

# 'Punisher' is the next Netflix binge choice

**By Tim Bronsan**
*Castleton Spartan*

If you are the type of person that wouldn't enjoy watching a badass one-man wrecking crew violently tearing through entire militias of bad guys despite being constantly outnumbered, then you should probably stop reading now because this show is not for you. But for the rest of us, Marvel's "The Punisher" is probably the perfect show to sink your teeth in to.

Jon Bernthal reprises his role as Frank Castle or The Punisher, an ex-marine whose family was mercilessly gunned down after accidentally being caught in the middle of a gang shootout, or so it appeared. Castle is haunted by flashbacks of his dead family and often uses violence to fill the void that has been left by their deaths.

Castle has vowed to punish all the criminals responsible for his family's death, but the violence doesn't end there as he uncovers a conspiracy that, for him, hits close to home.

The shows second storyline follows Homeland Security agent Dinah Madani, who is investigating the same conspiracy. This eventually leads her to cross paths with Castle, who is presumed dead after the events that took place in the second season of Marvel's Netflix series "Daredevil", where Bernthal first appears as The Punisher. You may want to watch the second season of "Daredevil" in order to understand certain plot lines in "The Punisher". But, to get the second season of "Daredevil," you'd of course have to watch the first season. So, you've got some watching to do. But watching "Daredevil" is not entirely necessary to appreciate "The Punisher" or get a good feel for anti-hero Frank Castle's character.

"The Punisher" is the sixth series that Marvel has released through Netflix, all of which take place in modern day New York. The Punisher, although a dangerous one-man-army that often uses graphic violence to solve his dilemmas, is portrayed as a man who only wants what is right by him and the people he cares about. It is hard not to root for Bernthal who does an excellent job in just about every role he stars in. Some may know him as Shane from the Walking Dead, whose character is similar to Castle in the sense that they are both tough as nails and very intense at times.

Overall, I would give this show a nine out of ten and would rank it as my personal favorite of the six Marvel Netflix series thus far. That being said, if you have a weak stomach be cautious as this easily the most graphic of the shows.

# The Ol' Razzle Dazzle

## CU Senior steps out of comfort zone to take on the pageant world

**By Olivia Maher**
*Castleton Spartan*

Lined up backstage 15 minutes prior to the show translated into the longest 15 minutes of my life. My heartbeat pounded in my ears and my stomach was in my throat. I could barely hear myself thinking, "Liv what the hell did you get yourself into this time?" "Nah you GOT THIS!" "Never again Liv, never again."

The lights flashed, music started, and I was off.

On the weekend of Nov. 12, I competed in the Miss Vermont USA competition, one of the many country-wide preliminaries to becoming Miss USA.

While I've participated in a few talent shows over the course of my life, I've steered clear of spotlights that require any form of rhinestone and stuck to cleats and gym floors. The only things I knew about beauty pageants were fake tans, big hair, and any odds and ends I'd picked up from the movie "Miss Congeniality."

"Don't bash it til you try it," I told myself. If there was ever a point in my young life to do something like this, NOW would be the time. I'm a firm believer in the old cliché, "Life begins at the end of your comfort zone" and oh boy did this impending experience make me uncomfortable.

This particular competition was comprised of a three-minute interview with a panel of five judges, a swimwear portion and evening gown competition. The chosen finalists at the end of the show then continue on to compete in an on-stage fish-bowl style question and answer session. From there, the second and first runners-up claim their trophies leaving the winner with the prized crown, sash, year of leadership, and one-way ticket to Miss USA.

Pageantry is a magical world of it's own. An expensive world. One that you know exists but not until you take a step into the haze of hairspray do you see the complexity behind each and every little detail it takes to become a titleholder.

Having found the competition a little late in the game, I had one-and-half months to prepare and make sure I didn't go out there looking like a first-time shmuck. I used every possible second to my advantage.

From videos of the Miss USA and Miss Universe competitions, to severe social media stalking, to listening to podcasts and pageant news sources, to any scrap of information I could find on the past competitions here in Vermont, to who I would be up against, to every pageant faux-pas in the book.

I practiced my hair and makeup constantly. Took my fingers for a barbecue a few times on my curing iron. I bought butt glue and learned that it can't just be a singular purchase.
Essentially a magic adhesive that keeps your swimsuit from riding up, you also have to get baby wipes to remove any kind of residue it leaves. Otherwise your evening gown will be found sticking to the most inconvenient places.

Heels should be six inches or bust. Hair should be big, but not too big. Flat against your head isn't cute even in real-life. You need a dress bag to hide your gown until the big reveal. Interview techniques and professional outfits are a must to show off your personal style, as is a swimsuit with proper lining to keep the harsh stage lights from shining through.

Warding off the summersaults that my stomach was doing to the murmur of the audience beyond the curtain, when show time rolled around, I breathed as steadily as I could to get my head in the game.

"Okay Liv, one foot in front of the other, calculated smiles down the line of judges. Strong, prolonged eye contact, but don't make it weird. Graceful movements and slimming poses. Just give 'em the ol' razzle dazzle."

We took to the stage to perform a jazzy dance and introduction of our names and hometowns into the microphone. Carefully waltzing off stage, we switched gears and high-tailed it down to the dressing room to throw on our swimsuits and change jewelry before sprinting back just in time to hear the announcement for the next part of the competition.

The swimwear portion was the most interesting part to come to terms with. I'm very comfortable in my own skin and proud of who I am physically in a world that makes it very hard to do so. While I didn't quite understand how me on a stage with cleavage to spare was going to prove my ability to best represent the state of Vermont, I could see how a possible role model's physical health was an important part of the package.

BENJAMIN D. BLOOM / SPARTAN CONTRIBUTER

**Miss Vermont 2017 Madison Cota presents Castleton Senior Olivia Maher with the Miss Photogenic Award in the recent Miss Vermont Pageant. Maher, below, gets ready backstage.**

During my strut across the stage, I felt more like a floating head who told herself, "Okay suck in, smile…and GO!" while my height, eye color, and three words I use to describe myself were read to the audience. It was surprisingly the portion that made me feel closest to the organization's tag line, #confidentlybeautiful.

One more smile at the judges before booking it back to prepare for evening gown. No time to breathe. No time to think. Composure on stage, running like hell off stage.

The key to evening gown is that it isn't about the dress. It's about the girl in the dress. The grace and poise and personality she gives off in the dress.

*See 'Miss' on page 6*

# Rest in peace, Lil Peep

**Lil Peep, who died of a drug overdose is shown performing on stage.**

**By Jacob Parrett**
*Spartan Contributor*

Lil Peep, an emerging musician from Long Island New York, died last month of an apparent drug overdose. Peep's music can be hard to categorize. There is a clear base and influence from modern hip-hop and trap music, with braggadocios lyrics of diamond watches, designer clothing, and Mercedes Benz being rapped over 808 basslines and programmed snares.

But this is only half of the sound which Peep was best known for.

Many of his instrumentals also feature melancholy piano sounds and haunting electric guitar chords. Around the name dropping of luxury cars and clothes, Peep fills the rest of his songs with lyrics of heartbreak, drug abuse, and depression. In his song "The Brightside," Peep belts out the chorus:

"Help me find a way to pass the time. Everybody's telling me life's short but I wanna die. Help me find a way to make you mine. Everybody's telling me not to but I'm gonna try. Now I'm getting' high again."

Songs like this make up the majority of Peep's work. Peep was one of a handful of new artists pioneering an entire new subgenre of rap, called Emo rap. Peep's success allowed many other artists to emerge and be successful with the sound, such as Trippie Redd, XXXTENTACION, and even Lil Uzi Vert, one of hip-hop's biggest names.

Lil Uzi Vert's song "XO Tour Life" has been one of the most popular songs of this year, and features many similarities to Peep's music. Peep's death has left a gaping hole in the music industry, and his short career has already made a shift in what is popular in music today.

On November 15th, hours before his concert at the The Rock in Tucson, Arizona, Peep was pronounced dead of a supposed drug overdose. He had celebrated his 21st birthday less than a month before. The news was heartbreaking to not only Peep's family, friends and fans, but also to many bands and artists in the music world. Artists such as Travis Barker, Lil Uzi Vert, Lil Yatchy, and Ty Dolla Sign all expressed condolences via social media. In an episode of the H3 Podcast, rapper Post Malone recently expressed his appreciation of Peep's music. "(Lil Peep) was going to change music forever," he said.

Lil Peep's legacy will continue to live on through the emerging emo-rap genre. His song "Awful Things" reached Billboard Hot 100 a few days after his death, a first for the late artist. Although Lil Peep is gone far too soon, his sound and influence will live on indefinitely. Rest in peace, Peep.

# He's 'generous beyond words'

*Continued from page 3*

He knows how to hacky sack and can even "breakdance...kind of," said his daughter, Jade.

For fun, he and his friends ride their bikes to the Canadian border just to see how long it will take. And for the record, it took about 15 hours.

"He's got more energy than anyone I've ever known...he'll run to Huden with his green tray and he'll be like sprinting back and then like run from his office to the gym and like run around the gym and run back to his office. He's always running, and it's the weirdest thing," said Decker.

This energy is what got Andy into pushing himself to the limits as an endurance athlete. He would challenge himself by going out for a run in the "pouring down rain," because he knew no one else was doing it.

He thought to himself "If I can deal with this, it will make me stronger."

Weinberg has participated in all sorts of endurance races, but one that really sticks out in his memory is the Quintuple Ironman, a race that consisted of a 12-mile swim, a 560-mile bike race, and a 121-mile run. The race takes a total of four days, and sleep is not on the schedule.

"During that time, your brain and your mind start to play tricks on you, so you hallucinate," he said.

He recalls a part of the bike portion when he hadn't slept in 35 hours and was swerving his bike all over the path.

"I kept swerving and swerving, almost crashing," he said. "This guy came up next to me and asked 'Are you okay? You gotta stop, you're swerving, you're gonna crash' and I go well I don't want to kill the frogs."

Weinberg's brain was playing tricks on him. The so-called "frogs" he recalled, where just leaves blowing in the wind. His friend still laughs about the incident.

That particular race took him 100 hours to complete, and he only slept three or four hours.

Not only does Weinberg participate in these seemingly impossible races, he also been putting them on for 20 years, and even owns his own racing company called the Endurance Society.

But before the Endurance Society, he was one of the original cofounders of what is now known as Spartan Race, and the whole reason he moved to Vermont in the first place. Back then, it was called Peak.

He and a former friend started Peak together, and it's something that ultimately changed his life.

"I lost a person who was a very good friend of mine at the time, and one of the reasons I moved to Vermont," he said about the falling out with his former Spartan Race partner.

This was a big turning point in Weinberg's life. When Spartan was starting to become a big company, it turned him off.

His ideal race is no more than 200-300 people.

"You can really get to know people and where they're from," he said.

The original Spartan Race headquarters was in Pittsfield, just a few miles down the road from Killington. When the number of participants started to grow, greed followed.

"At the time I didn't think much of it because I thought, who cares we are gonna make money, the company is gonna be bigger," said Weinberg. "But as the company grew...we got investors, one of them being Reebok, and they wanted to move it to Boston."

He had just taken the risk to move his family to Vermont. They had just settled down, and he didn't want to move to Boston, or any other big city for that matter. Weinberg found joy in Vermont, being able to hike his backyard with his dog Roo, go on long bike rides, and especially the small community vibe of everyone knowing each other.

When the company left, it became corporate and things began to change.

"It was no longer one of my brainchilds," he said thinking. "My brainchild, myself, my former partner, we had all these ideas and those all stopped because now it was other people making the calls...we kind of had a breakup so to speak."

Like everything else in life, Weinberg did not let this stop him. This is what inspired the Endurance Society. Along with the Special Olympic posters hanging around his office, he also has a bunch of Endurance Society posters from past events. It is a tight knit community, just the kind of company that he had been longing for.

"It's the people that I want to hang around...the people that come to our events are nice people, and they're people who care about each other and they're people that I want to be around," he said excitedly.

When Weinberg isn't teaching at Castleton or off running around, he's just like you and me. He finds a guilty pleasure in the show Dance Moms, and really is just a big goof ball say his wife and daughters.

"He's an amazing dad, husband, mentor, comedic relief, and training partner. He's unique, he's simple, and he's generous beyond words. It's hard to come by a man like him," said Grace.

# Miss Photogenic and 2nd place

*Continued from page 5*

Giving the judges this last look at us, all contestants took to the stage to receive awards.

With friends and family in the audience, I could hear big cheers from the back as I was named Miss Photogenic and placed in the top three. Carefully making my way to center stage, conscious not to step on my floor-length ruby red gown, I pulled the name of the judge who was to ask my on-stage question.

Remaining as calm as possible, I answered to the best of my ability on the benefit social media has on bringing awareness to social issues.

For a pageant virgin, I could barely register having gotten this far until I made the top two.

Holding hands at center stage while shaking in my heels waiting of the final result through what felt like an hour-long dramatic pause, my name was called as First Runner Up.

While I didn't come out a winner, at least I can say I did it and was close enough to taste it.

Hugging my parents and friends through their tears and mine, photo after photo was taken with my heavy glass trophies, while hugs and congratulations were given back and forth.

With my gown back in its bag and my nerves gone quiet for the first time in two months, all I could think on the car ride home was, "Okay, what's next?"

# Passing the torch

*Continued from page 1*

Their t-shirts, all matching, had three simple words on them: "Walk with Wolk." This was his favorite moment with her, Wolk said.

"We raised $31,000 in one day for Alzheimer's research," Wolk said. "She got up – it was at the beginning of her diagnosis, she knew she had Alzheimer's, she knew she had a death sentence, but she was an amazing educator for 34 years, and she wanted to turn her death sentence into a teachable moment."

She stood up in the gazebo in Depot Park, he said, and she talked about how they would find a cure for Alzheimer's. At the end of that short speech, which she rehearsed with Wolk beforehand, she said something that Wolk vividly remembers 10 years later.

"She said, 'I feel like that guy, Lou Gehrig, I feel like the luckiest person in the world,'" he said.

Wolk's current wife, Lyn Huntoon Wolk, knew Diane. They were friends with each other.

"I was witness to Diane in those early years," she said. "I could see the process in how hard they were working to find a cure, and to find some sort of treatment for her. I knew early on everything they were going through, and I think to resolve yourself that there is no solution to that is really difficult."

But he wasn't without support, she said. That support came in the form of Diane's children, her siblings – and the extended family at Castleton.

"The students who knew Diane, the faculty, and the staff, all went through that journey with Dave," she said. "This is his family, so he had that support and felt that love, and warm embrace of a loving family around him."

According to Lyn, that embrace is what helped pull Wolk through.

**The Senate**

Wolk served in the Vermont Senate from 1989 to 1992. During that tenure came what he considers to be his greatest achievement.

"When I was in the senate, I sponsored a bill that became law," Wolk said. "And I helped to shepherd it through, and it was one of my more difficult challenges in my life."

That bill, called the 'gay rights bill' by the news, according to Wolk, was about making sure that everyone, regardless of their sexual orientation, would not be discriminated against.

Wolk's support of this bill drew death threats.

"I had state police protection with me all the time," Wolk said. "Back in '89 to '90, state police parked their cruiser at my house. They were with me all the time, because I had very specific death threats from people who were homophobic."

When that bill passed, 10 plain-clothed state troopers stood by as former Vermont Gov. Howard Dean signed the bill.

"The hate-crime bill and the anti-discrimination bill, as I look back, are among the toughest challenges." Wolk said.

**'Private Candor, Public Support.'**

Just outside of Wolk's office hangs a framed quote by Leonardo da Vinci. The quote reads "Reprove your friend in secret and praise him openly." Wolk said he tries to live by those words.

"There's a reason it's here," he said, taking a moment to hang it back up in its place. "The reason is that in life, and in the work world, people have differences. There's always conflict and compromise, but you never get anywhere in this world by public denigration of other people."

To his recollection, Wolk has never called out someone publicly – saving his critiques for private.

"You need to have that private candor," Wolk said. "But you also need to be publicly supportive of people. Say you're in a big group, and there are employees, and you're the supervisor. Why in the world would you embarrass somebody in a public setting? Because everybody else in the room is going to wonder when it's going to be their turn to be embarrassed."

And as passionate as he is about that motto, he gets more excited talking about the concept of 'the Castleton way.' To Wolk, that means that you do the right thing without somebody looking. And it's a concept that Wolk lives by, and loves when he hears that students and faculty are doing the same.

"You do the right thing when no one else is watching, whether it's holding the door for someone, picking up litter, being a part of the loving warm embrace of a family," Wolk said. "The Castleton way is all about thinking outside yourself, and knowing that no one ever gets anywhere without knowing that it's your family or your community that moves things forward."

**His fans**

Among the various wall hangings into his office, a large, framed piece of art from the 2009 inaugural football season states in bold letters, "TEAMWORK." For Deanna Tyson, associate dean for athletics and recreation, Wolk's vision grew Castleton's athletics beyond any expectation, including athletic programs, new athletic facilities, Spartan Arena in Rutland, and the Spartan Stadium – which is being renamed the 'Dave Wolk Stadium.'

"He truly changed the landscape of Castleton's athletic program," she said. "By growing to 28 sport programs, he has given the opportunity to over 600 student-athletes a year to compete as a Spartan.

Students, faculty members and administrators talk about the many academic and residential changes at Castleton during his tenure, from a Jeffords Hall and a new tv studio to four new dorms and a totally redone Campus Center. And they talk about him, the man, with awe.

"Dave Wolk is one of those most effective leaders I have ever interacted with," said Jeb Spaulding, chancellor of the Vermont State Colleges system. "Two additional specific, lasting, contributions he has made include the 'Castleton Way,' which I interpret as a deep sense of community, pride, and respect throughout the campus… and the integration of Castleton into the Rutland economic and social fabric."

Psychology professor Terry Bergen, who has taught at Castleton for 40 years, said Wolk's impact on the university is substantial.

"He took us through a very stable period of growth, and prosperity that was pretty unprecedented in my time here," Bergen said. "He oversaw a period of sustained and well-managed growth in a way that previous presidents had not, partly because he was here for so long."

Castleton alumna Molly DeMellier, now the assistant director of the Castleton Fund and donor relations, called Wolk "incredible."

"He was certainly a huge part of my experience here, and why I wanted to come back, and why I love Castleton so much," she said. "He gets so much credit for knowing every student's name. More than just knowing people's name, he knows things about them."

Executive assistant Rita Geno, who has worked at Castleton for nearly 40 years and who Wolk jokes "runs my life," said that she will truly miss him, and that he's been more than a president – he's been a mentor and a friend.

"He works hard, he plays hard; he has more energy and love of life and the Castleton family than any president I've worked under," she said. "His enthusiasm and love for Castleton motivates all of us who work beside him.

But according to Wolk, he never felt that he was at the helm of Castleton.

"I've just been a passenger on this wonderful journey," he said. "I don't feel like I've been driving the bus, I feel like I've been just a passenger with a lot of really good people."

# Making moves for fossil free

*Continued from page 1*

"I'm not going to live to see 50 years hence, when these students are my age," she said. "I think we owe them our forward thinking."

Castleton student Collin Wofford, who also addressed the committee, is not originally from Vermont, but his fiancé is.

"The one thing that helped bring me here from all the way in Tennessee," he said, "was that my fiancé, who's from Vermont, used to speak very highly of it."

His fiancé, Wofford said, said that Vermont was a progressive state, and usually the first to take steps towards the future, and the rest of the country followed. Going forward, Woffard said that both the state, and VSC, should continue what his fiancé described.

Lalor said he believes the committee was receptive to their comments, and he felt that progress was made.

"I heard back from the CFO (chief financial officer), Steve Wisloski," Lalor said in a follow-up interview. "He's willing to distribute our material. I haven't heard confirmation that we have implemented the low-carbon option for the social choice investment yet, but I'm confident."

According to Lalor, Trillium, an asset management company out of Boston that has handled fossil-free portfolios, looked over the numbers presented by the state treasurer, Beth Pearce, and found errors. This was a point of conflict at the meeting between Lalor and VSC chancellor Jeb Spaulding, who is a former state treasurer himself.

"Any thought that the treasurer cooked the numbers is, to me, offensive," Spaulding said at the meeting, urging the members of Fossil Free VSC to be careful putting motivation onto other people.

But Lalor said he does not believe that the state treasurer had any ill intentions.

"I'm not saying that the state treasurer herself cooked up the numbers because she had an axe to grind," he said during the follow-up interview. "She may rely on sources, which are not fair sources. I don't think that's any attack on her character, so much as just a reason to pause and be concerned."

For Fossil Free VSC, their fight moves forward. The group will be meeting with the committee again on Jan. 23 to further the discussion. For Lalor, what is happening within the VSC system in regard to Fossil Free VSC is representative of something much larger.

"There are little groups that are putting pressure on banks and financial institutions," Lalor said. "Together, the thought is, we can make a difference. Sooner or later, there will be a competition, clamoring for the dollars of those who want fossil-free investment options."

# Looking 'Scolforward'

*Continued from page 1*

I'm a huge fan of athletics and the arts and clubs. I went to the student government (SGA) meeting which I loved. When you have an opportunity to attend a student meeting and have a conversation with everyone around that table, it's a better way to get to know each other and a chance to learn people's names, programs, what they care about, where they are in their program of studies. I'm so excited to get to know everybody. I think my first impression of the students - is that they are curious, scholarly, kind - which I think is super important - ambitious, caring and well-rounded leaders.

Q. As Dave Wolk's successor, you have some big shoes to fill. How do you plan on living up to that legacy and in turn create your own legacy at Castleton?

A. That's a great question. I'm honored and I'm thrilled to be able to step in at a time when my predecessor did leave a wonderful legacy and also laid a foundation for growth. What's kind of cool is he and I share some similarities. We are both collaborative leaders, we're both student-focused leaders, we both care deeply about Castleton University and we both lead with the idea of an extended family. So those four characteristics will help for students, staff and faculty to feel that the transition is somewhat seamless. My job is to build equity in the diploma. In other words, the more that you continue to improve quality and strengthen programs - even though they're strong - the more that we can make sure that we are highly competitive across higher education in terms of quality.

Q. What made you choose the quaint town of Castleton, Vermont?

A. I love it here. I had identified Vermont as my destination before the posting happened for Castleton. I knew that this was where I wanted to land in life. I was born and raised in New England, and for me this is coming home. What I particularly love about Vermont is the quintessential New England town. The fact that it's small enough in this area - and even in the state - that people know each other, that people care about each other and again it's that whole family environment. I wanted that for myself, and I'm also closer to my biological family. My mom, my sister, my children are all in New England now. So I'm able to see them again. When I was at my last position I was too far away to be able to attend things that easily. So I love the beauty of Vermont. I love the culture, I love the people, I knew I wanted to be here. So I feel truly blessed.

Q. You're an outdoorswoman, correct? What do you like to do most outdoors, seasonal preference?

A. Yeah I'd call myself an outdoorswoman. Well in terms of season I love the fall. But I love all four seasons and I think that's what makes New England so wonderful, is that we do have four vibrant wonderful seasons. My favorite things to do - I love to ride my bicycle. I don't have a mountain bike but I'd love to get a mountain bike. My bike is a hybrid road-trail. So I can do the rail trails. I'm a hiking enthusiast. There's not a better place to be for someone who loves to hike. I do ski but I haven't skied in a long time, but I downhill ski. I do want to take up cross-country skiing. And in the summer, for the first time, I went kayaking and I loved it. So I could definitely see myself out on Lake Bomoseen. I think that would be a blast. I also love to run, I ran my first half-marathon last year.

Q. Hot apple cider or hot chocolate?

A. Ohh, goodness. I love them both. I think it depends on the season. So hot apple cider in the fall, hot chocolate in the winter.

Q. Where is the coolest place you've ever visited and what makes it so memorable for you?

A. One of my favorite places growing up that I loved to go to was the Lost River in Lincoln, New Hampshire. And I was definitely a huge fan of the state of New Hampshire. What makes it memorable is I love being outdoors. I tend to foster a childish spirit, and so it's not unusual for me to be at a place like the Lost River and imagining sort of like a childish adventure.

Q. What do you like to do in your down-time? Any hobbies?

A. I'm a writer. I'm working on a book. I've studied at the graduate level. First I studied writing and literature, then I did a Master of Fine Arts. It's about 85 percent edited. Often, if you're self editing, it's healthy to put space between your work so when you come back to it with more of a fresh perspective and that's what I'm doing with that manuscript. I do enjoy writing, I journal everyday. Journaling for me is a great opportunity to reflect on what's happened during the day. I learn from it, it's a self assessment process where you sort of have a chance to capture the day's events and think about them. I often journal in both the morning and at night. It's also a great way to capture the memories, so I think that's a really neat thing. I find that journaling is a great way to work through things that happen in your life. Because it helps you to sort of step away from the emotional aspect of it and look at it objectively. I think journaling is just powerful. I also was a journalist for six years. I worked at four or five different papers.

Q. Finally, what do you want to say to the students and faculty as our new president?

A. It's my honor to serve. I hope that the lines of communication will be open for us. You'll find me to be accessible and visible, and I hope that you'll come up to me and talk to me. Tell me your name, tell me your story. I really want to know.

# Struggles continue for men's basketball

**By Tim Brosnan**
*Castleton Spartan*

Castleton went 1-1 this weekend in back-to-back home games versus the Maine Maritime Mariners and the Husson Eagles. On Friday, Castleton defeated the Mariners 68-52 but fell to the Eagles 89-74 on Saturday.

Senior guard Pavin Parrish said they "played to their strengths" in the Maine Maritime game and executed much more.

"We had dips in our play against both teams but we definitely played harder against Maritime," Parrish said. "Take nothing away from Husson, they're a good team but we didn't do what we needed to do to win against them."

Castleton head coach Paul Culpo offered a similar point of view after the game.

"We turned the ball over too much against Husson, a lot more than we did on Friday. But that's been an issue for us all year long," he said.

Castleton's struggles with consistent play have been apparent this season. No lead has been safe for The Spartans.

Last Saturday, after leading by as much as twenty-five points against New England College, they allowed the Pilgrims to tie the game early in the second half.

Castleton eventually won the game 92-85, but many would agree the game should not have been so close. They commanded an eighteen-point lead at the half and at one point were up by twenty-six against the Mariners

Castleton had Maritime struggling to advance the ball up court (zero fast-break points) but had no such trouble themselves, scoring eight points on the fast-break and 46 points in the paint.

But once again, they seemed to get a bit too comfortable toward the end of the second half, letting the game get within five points with five minutes to go.

They eventually stepped it up to finish with a sixteen-point victory, their second largest victory since week two against the Curry College Colonels.

The Spartans were competitive with the Eagles for the majority of the game.

From the very beginning, Castleton held an early lead. However, both teams rarely allowed a lead of more than two or three points. At the half, the Spartans trailed by just one point; 37-38.

Yet, halfway through the second half they began to let the game get away from them and eventually lost by fifteen points.

"To improve going forward we need more consistent team effort. We've shown stretches where we compete and play hard but we need to be consistent night in and night out," Parrish said.

Culpo was less candid about things after the game on Saturday.

"To be honest, we're not a very good team. We don't defend with any purpose or intensity and we turn the ball over at an alarmingly high rate," Culpo said. "When you do that, you're going to be where we are."

OLIVIA MAHER / CASTLETON SPARTAN

**Junior guard Jordan Nelson drives to the basket in a game against Skidmore on Nov. 15.**

It is no secret that the 4-6 Spartans have underperformed expectations this season, but at times they have also shown potential.

They will look to get back on track and add another digit to their win column Wednesday in Chestnut Hill, Massachusetts against the 4-5 Pine Manor College Gators.

# Collins lands 76ers, Devils job

**By Briana Bocelli**
*Castleton Spartan*

A soon-to-be Castleton graduate has just accepted a once in a lifetime opportunity to work in arguably the coolest city in America, the City of Brotherly Love.

Cody "Bubba" Collins has recently been hired as a ticket merchant for the Philadelphia 76ers and the New Jersey Devils. He said he'll be going around to corporate sponsors and selling different ticket packages like season tickets and others alike.

"What I think I'm looking forward to is people aren't really there to buy the product you're selling, they buy the person," Collins said. "And that's why I think I'll excell at that position!"

Collins said getting hired for this position wasn't an easy feat to accomplish, as he applied to around 20 different professional sports teams across the country. He only heard back from three organizations, one being the Sixers and Devils.

For a two-month stretch, Collins received denial letter after denial letter, and was beginning to feel discouraged.

After seven interviews going up against a couple hundred other applicants, he came out ontop. "This was the one that I put all the cards on the table and I just went for it. It was a dog eat dog world," he said.

Collins said this job will allow him to network himself more, something that he can't really do right now as a Castleton student. He added that his ultimate goal is to one day become a sports agent.

"If I move up in the rankings fast, and I have expectations too, I'm not gonna look back," Collins said. "This may come off a little conceited, but this is something that I did by myself and I'm proud of it."

With graduation coming right around the corner and everything happening all at once, Collins said the reality really hasn't hit him yet and probably won't until he's in his suit and tie on the job for the first day.

"I'd like to say I'm sitting back and soaking everything in, but everything is moving so fast I'm just living in the moment," he said.

Collins will be moving to Philly on Dec. 22 to start his new job on Jan. 9. He joked that he's already received some backlash from his friends for moving to Philly as a New England native, but he'll always have love for his Patriots.

"I've already gotten a lot of heat, a bunch of my buddies called me up, especially with the Eagles red hot right now, saying I'm gonna turn into an Eagles fan, I'm not. I'm gonna rep my guys loud and proud," he said laughing.

While he said won't be turning into an Eagles fan anytime soon, he anticipates that the Sixers will be his new favorite basketball team once he starts advocating for them.

"I came to love it through my pretty much younger brother Kendrick Gray...I love seeing him play and then seeing the high-pace which made me fall in love with the sport," Collins said. "And now Philadelphia, I really didn't have a team for basketball, and Philadelphia is gonna be my new team."

He is also pretty "wound up" to watch some ECW wrestling in downtown Philly with "all the fat drunk slobs."

Collins said the biggest wake-up call for him to get out of VT was going home to the Northeast Kingdom for Thanksgiving and it just not feeling like home to him anymore.

"I went to a bar back home and I see one of my old classmates, and he looks me in the eye and says 'what are you doing here?' it was someone from the group of tools from our high school days," he said.

Collins said he'll always have love and support for the Northeast Kingdom because that's where his roots are, but his chances of going back are "second to none."

His final words of advice to all the sports management majors out there are to keep hustling and never give up.

"Something's not just going to come up, you have to go out and find it. I'm excited to put Castleton on the map and just to have a blast," Collins said. "I'll be thinking of you guys when I have a fat ol' cheesesteak to the face."

Troy Dane has known Collins since they were high school football teammates for the North Country Falcons in Newport, VT.

He said he has always looked up to him and thinks of him as a brother on and off the field, and he thinks Collins will thrive in Philly as a salesman because he has the attitude and a burning desire to succeed.

"His motto has always been he 'can sell sand to a guy that lives in the desert', and that's the type of attitude you need in an environment like Philly to become successful," Dane said.

He said he is grateful for the many years of friendship and for inspiring him to be great at everything he does in life.

"I can't wait to continue to be a part of his life and see his career grow into a prosperous and successful one," Dane said. "Good luck Bubba, and thank you for everything you have done for my life on the football field and off. You are one hell of a teammate, roommate, and brother."

COURTESY OF CODY COLLINS

**Castleton senior Cody 'Bubba' Collins poses in his Devils Jersey after recently securing a job with The Philadelphia 76ers and The New Jersey Devils.**

Professor Marybeth Lennox, Collins' advisor and professor agrees that he is made for this position because he is really good at selling an idea, no matter what it is. She feels Collins will make a name for himself wherever he ends up.

"I have a feeling he'll be extremely successful at what he's doing there. I will miss him a ton," Lennox said. "I'm going to use him as an example for other students to follow in his footsteps."

# Spartans Sports at a glance

**By Brendan Crowley**
*Castleton Spartan*

**Women's Hockey**

After a rollercoaster start to the season, the Spartans have struggled as of late. After starting 3-2-0, Castleton has slid with a 1-4-1 record, suffering losses to Norwich, Franklin Pierce, Williams, and Middlebury. Their one victory came was a 4-1 win over Southern Maine, but they have since lost three straight.

Hannah Rose leads the team in points and assists with 12 and nine respectively. Aimee Briand continues to lead the team in goals with six, but has struggled to find the back of the net as of late. Goaltender Rylie Wills has impressed with a 3-1-1 record and a 2.75 goals against average.

Briand and the Spartans will look to bounce back after the holidays with a January 6th game against Salem State.

**Wrestling**

The Castleton Wrestling team travelling to WPI in Worcester, Massachusetts to take on New Hampshire, Roger Williams, and King's College. The Spartans won two out of the three of those matches, beating New Hampshire 57-0 and King's College 48-9 while losing to Roger Williams 21-15. They followed that up by competing at the Ted Reese Invitational in Gorham, Maine. Castleton placed third with 138 points. At home, the Spartans then took on New England College head-to-head and won 45-4. Finally, the team travelled to Oneonta, New York to face SUNY Oneonta, SUNY Cortland, and Niagara County Community College at the Northeast Duals. After suffering a 25-16 loss to SUNY Oneonta, they defeated SUNY Cortland 30-12 and Niagara County CC 42-8. Max Tempel leads the team with 17 wins.

**Men's Track & Field**

Four Spartans set school records on Saturday at the Rhode Island College Holiday Classic, at the Providence Career and Technical Academy. After placing first at the Snith College Invitational Tayler Larmie broke his own record in the weight throw with a distance of 13.95 meters. Teammate David Harvey set two program records of his own for the second straight weekend. He placed seventh in the triple jump with a distance of 12.52 meters and 12th in the long jump with a distance of 5.84 meters at the Holiday Classic. Morgan Rainville also put up a program best 13.33 meters in the shot put.

OLIVIA MAHER / CASTLETON SPARTAN

**Spartan wrestlers easily handled New England College 45-4 in a match on Dec. 6 at Glenbrook Gym.**

**Women's Track & Field**

Castleton's women also broke three school records on Saturday. Lydia Maier with a time of 1:06.35 in the 400-meter dash, Haley Kennedy with a time of 10.91 seconds in the 60-meter hurdles, and Christiana Carmichael and Carlie Reen with a time of 1:56.86 in the 4x200 meter relay.

# Women's hoops remain perfect

**By Jac Culpo**
*Castleton Spartan*

The Castleton women's basketball team continued its reign of dominance this past Saturday as they defeated Husson 71-56.

The victory pushes the Spartans to 9-0 (5-0 NAC) on the season. Meanwhile Husson got their first taste of in-conference defeat falling to 3-3 (3-1 NAC).

Castleton was off to a hot start after scoring eight unanswered points. In the closing minutes of the 1st quarter, Ashlie Fay made a pass by the Husson defense to Makayla Farrara, who hit a three-pointer at the buzzer to go up 21-13.

Husson would fight their way back into the game in the 2nd quarter, closing within two points after a mini run of eight strait unanswered points. With Sarah Bragg and Kenzie Worcester each contributing four points.

The Spartans were able to regain some control as the half came to a close behind two baskets from Morgan Raiche May and Katlyn Toomey, pushing the lead back up to six.

The Eagles would fall further behind toward the end of the third quarter but would battle back once more, this time from a nine-point deficit. Anna Mackenzie capped off the eight-point run off of a put back layup.

The Spartans remained unfazed as they once again pushed the lead back to eight.

After back-to-back three-pointers from Brooke Raiche and Alexis Quenneville to start the fourth, the game was completely in the Spartans control.

The Eagles pulled it back to within single digits partway through the quarter but the rally would not amount to much more as Castleton would close out the victory.

Worcester led both teams with a double, shooting 7-17 from the field and 10-10 from the line.

She would finish with 25 points, 10 rebounds and 5 assists. Castleton was led by Farrara, who put up 21 points of her own after shooting 8-15 from the field.

Husson controlled the battle of the boards with 19 offensive rebounds but Castleton's defense remained stout regardless, only giving up 13 second chance points.

The Eagles struggled to put the ball in the basket all game as well, only shooting 32.2 percent (19-for-55) from the field on top of 3-for-15 from beyond the arc.

OLIVIA MAHER / CASTLETON SPARTAN

**Castleton's Amanda Beatty drives to the hoop against New Endland College defender Jada Black in their game on Dec. 2 at Glennbrook Gym.**

# Wolk's mark on CU athletics is everywhere

**By Jordan Lumsden**
*Castleton Spartan*

I want to start by saying that former president Dave Wolk is awesome and if every athletic building on campus were named after him I'd be perfect fine with that.

That's how much Wolk has meant to me in my four years on campus and I don't even play sports! What he has done to transform this campus has allowed me, and so many others before and after me, to pursue the goal of becoming a sports journalist.

Since coming to Castleton, the University has purchased the Spartan Arena in Rutland, built a new stadium, renovated Glennbrook gym, renovated the baseball and softball fields, built a rugby pitch, created a wrestling room adding both women's rugby and men's wrestling in the last two years all within Wolk's vision.

Now try saying that without taking a breath.

The impact the Wolk had on Castleton athletics can only be described as a ripple effect. And let me take you through a few of those ripples.

By adding so many sports Wolk has helped the college increase its enrollment. Not only by athletes looking to play for quality programs but it also attracts the average student who enjoys going to watch successful teams compete.

Sports like hockey, being added in 2003, and Football in 2007, helped Castleton athletics become a destination spot. Where are families going on a fall afternoon in Castleton? They're going to watch CU football and listen to Vince Allo scream about getting "A SPARTAN FIRST DOWN!" Or where are you going on a cold Friday night? Spartan Arena to watch CU hockey where you often catch Wolk himself.

"It takes a special type of person to have both a stadium and a trophy named after them,"

But then you have to think about all the coaches who wouldn't have a job at this university if it weren't for this man's plan.

The effort and passion that Wolk put in to making this university great shows in the love that the university is giving back to Wolk.

It takes a special type of person to have both a stadium and a trophy named after them immediately following therir departure from the university.

Dave Wolk is that person.

He loved this place and this place loved him, and I think I can speak for many when I say we'll miss you President Wolk.

# A will to battle back

## Cam Milliken returns this season after repeated shoulder injuries

As Castleton wrestler Cam Milliken stepped onto the mat last season against Johnson and Whales' Dan McBrinn in the 157-pound division in Springfield, Massachusetts he was thinking about seeding high enough to qualify for Nationals.

Fifteen minutes later, he was thinking about his second surgery on his left shoulder in two years and fifth shoulder surgery in six years after suffering a torn labrum.

"I was pretty conscious of my shoulder the whole time because it had been giving me problems," Milliken said. "(McBrinn) went to go sweep for the outside of my leg on the shoulder that was hurt and I went to go stop it and the pressure on my arm sort of forced the shoulder to go out of place."

The 21 year old Millikin and his father, Scott, were no strangers to shoulder injuries at this point in Cam's career. Scott, who was in the stands at the match, said the situation "wasn't emotionally trying," as he walked calmly down to the mat and proceeded to pop Cam's shoulder back into place like he had done so many times before.

After four surgeries, he knew what his surgical options were, electing to receive a bone graft procedure rather than a "less-intense" anchoring of the labrum, he said.

According to the University of Washington Orthopedics and Sports Medicine website "the goal of the bone graft surgery is to build up the socket so that it provides more stability for the joint."

In Millikin's third surgery, bone from his right hip was shaved off and used on his right shoulder, while bone from his scapula was used on the most recent surgery of his left shoulder last year. Milliken now has a five-inch scar on the front of each shoulder just above the armpit, along with another four inch-scar on the front of each hip with another scar on his left shoulder blade.

COURTESY OF CAM MILLIKEN

**After consulting with doctors and family, Cam Milliken returned to wrestle his junior season.**

According to Milliken, immediately after surgery the typical rehab process requires the patient to wear a sling for a month followed by three months of physical therapy, both at a facility with a trainer and exercises at home. After about four months, the patient is able to start working out and lifting and is usually fully cleared for activity at around six months from the initial labrum tear.

For Milliken, the rehab battle is just as much mental as it is physical.

"At the beginning of each rehab process you're sort of down because you're like, 'all right, why am I doing this again? I've been through this a ton of times. Is it even worth doing it?' And then toward the end, when you're starting to feel better… you get a little more motivated to continue and keep going," Milliken said.

Despite tearing his shoulder for the fifth time, the decision on his wrestling future was an easy one.

"He said he'd be back," said head coach Scott Legacy about Milliken's response to his injury last season.

Milliken, who is a junior accounting major, said he started wrestling when he was in the seventh grade because some of his friends had joined the team. In eighth grade is when Milliken said he fell in love with the sport. That same year, Milliken's Albany Academy High School team needed a 103-pound wrestler and he was the guy to fill the slot.

"I moved up and all of the sudden something clicked. Wrestling started making more sense. I started to do better and I started to like it more," Milliken said.

Scott Milliken also started wrestling at an early age and continued to compete for four years at Springfield College. He has also coached wrestling in the state of New York for more than 20 years.

Milliken tore his labrum for the first time in his right shoulder in April of 2012. He graduated from Albany Academy in 2014, wrestled at SUNY Oneonta for two years then briefly attended Hudson Valley Community College before coming to a first-year program at Castleton last season.

As he continued to compete, he had to learn how to protect his shoulders, Scott Milliken said. He added that recently he has seen his son stay more compact. And the Castleton coaching staff agreed with the elder Milliken about Cam's improvement.

"He had to change his style of wrestling to prevent those types of injuries because he's a very strong brawler type wrestler and that takes a toll on your body," said assistant coach Steve Forrest.

This season, Milliken has a 13-7 record and looks to make a push up the rankings and contend for a spot in Nationals.

"He came to our wrestling camp this summer and he looked fit. He looked strong. He looked focused. He looked determined. So he did all of the right things to make his shoulders fit for the grind of the wrestling season." Legacy said.

Although prepared with the physical challenges that come with a history of shoulder injuries, Millikin, his father and the rest of the Milliken family aren't completely numb to the emotion of the situation.

"As a dad, when you see your kid in pain that's hard, but when you see their dreams broken, that's heartbreaking," said Scott Milliken.

His son's lowest moment throughout his entire span of injuries he said was his most recent injury at Springfield College. Milliken was ranked sixth in the conference competing against fifth-ranked McBrinn when he got injured. The top three move on to the National Championships.

"I felt like I had a real shot to pull out some upsets that year and make a run but I never really got the opportunity to," Milliken said.

What keeps Milliken going after enduring so much adversity?

"That success is really the addictive part of wrestling. Just getting your hand raised in the middle of the circle. That's what keeps you coming back," Milliken said

# Castleton loses inaugural Wolk Cup against Norwich

**By Brendan Crowley**
*Castleton Spartan*

It was a hard-fought, physical battle for both rival teams.

For two periods, it was an equal fight, but the Norwich Cadets ultimately won the last period – and won the game.

After Norwich goaltender Braeden Ostepchuk came up with a miraculous pad save on Castleton's Jimmy Burns' open look at the net on a Spartan power play, Cadet freshman Carter Cowlthorp responded with a huge goal 7:53 into the third period to break the 0-0 tie.

That goal would end up being the game winner.

The final score turned out to be 2-0 in Norwich's favor and the second goal came from Jordan Hall at 18:23, an empty netter shot from nearly half-ice while Castleton was trying to work with a six-on-four power play.

Ostepchuk played a masterful game in the net, improving his record to 3-3-1 and sending away all 29 shots sent at him by the Spartan offense, earning him NEHC Goalie of the Week.

It was his 12th shutout of his career.

In addition to the 29 shots on goal, including many great opportunities in the final period, the Spartans also had seven power plays in the game.

"We have to capitalize on our power play, and that's always been a focus point for us. Two five on threes, we have to bury one of them," said Spartans head coach Bill Silengo. "We've just got to continue to improve in our consistency. I think tonight was our first game that we played 60 minutes, so it was the best game of the year."

Kurt Johnson, captain of the Spartans, agreed and said the outcome could have easily been different.

"A couple bounces didn't go our way tonight," he said, while also praising his teammates for playing hard the entire game. "A couple bounces go our way, I think it's a different game."

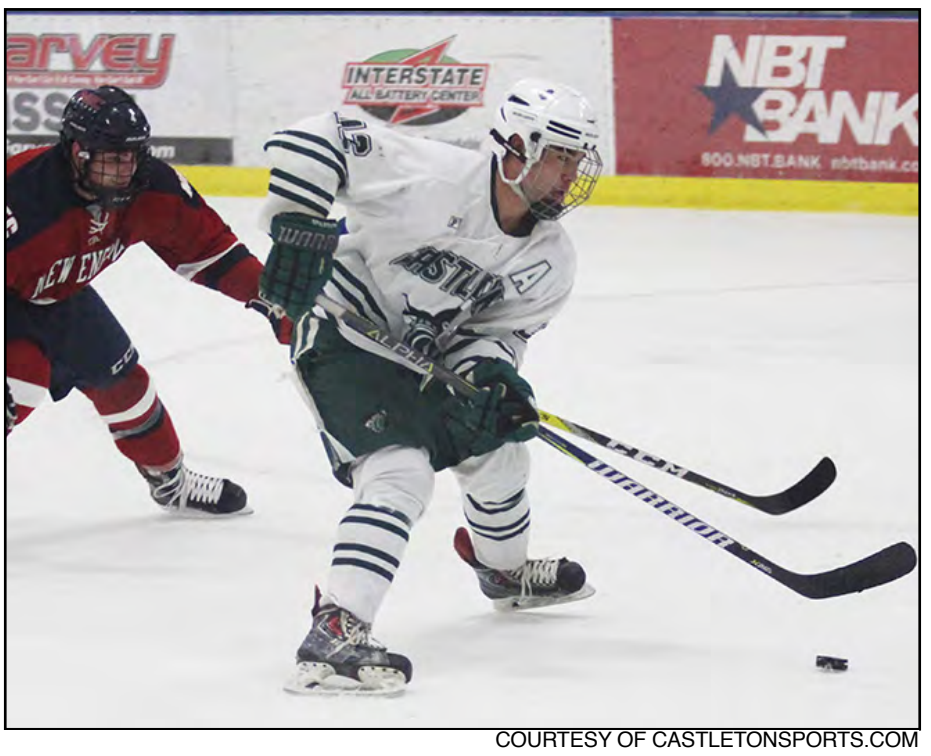
Both Silengo and Johnson have a point. The Spartans outshot the Cadets 15-4 in the third period as multiple Castleton players came close on burying the puck. But it was Ostepchuk who came out on top.

Cowlthorp and Hall each got their seventh point and third goal of the season in the game, ranking second on the Cadets in each category. Connor Evangelista and Alec Brandrup lead their team in shots on goal against Castleton with three a piece, and David Robertson picked up and assist on Cowlthorp's goal. Evangelista also picked up a game-high 12 penalty minutes.

Spartan freshman Matt Bloomer led the game with five shots on goal. Troy Taylor added four shots on goal, and just missed a fifth as his third period shot on the power play nicked the crossbar.

Wyatt Pickrell played strong in the net, picking up 23 saves on 25 shots. He made a giant pad save at the end of the second period against Norwich's Kevin Salvucci to keep the game even, but ended up dropping his record to 1-4-0 after the loss.

Norwich improved to 6-3-1 (5-1-1 in NEHC Conference), while Castleton now stands at 4-6-0 (1-6-0 in NEHC Conference). The loss snapped a three-game win streak for a Spartan team that was coming off a WSYB/Catamount Radio Invitational Tournament Championship. Coach Silengo wants to build off of the loss.




COURTESY OF CASTLETONSPORTS.COM

**Castleton forward Trevor Hanna evades a New England College defender in their game on Nov. 18 at Spartan Arena.**

"Your momentum is how you play, I thought we had a good game so we just have to keep it going here."